



Wellness Event Planner

Why host a wellness event? Healthy students learn better! Healthy school environments promote student health!

- Encourage kids to eat better
- Encourage kids to be active every day
- Encourage kids to involve family and community members

The purpose of this toolkit is to provide schools, families, and community members with information about hosting an effective and enjoyable Wellness Event specific to the target audience.

Options for wellness events:

- Host a healthy taste test with fruits, vegetables, whole grains & low-fat dairy
- Host a Family Fitness Event
- Invite a local gym to school to provide a family Zumba or yoga class
- Dedicate a day to school-wide classroom movement breaks
- Host a Recreational Field Day for students and invite parents to participate
- Invite a local chef to host a cooking class for students and their parents
- Host a school garden workday
- Invite parents and students to participate in a school walk-a-thon
- Host an obstacle course
- Dedicate a day to renovating the playground
- Refurbish the cafeteria by painting a mural
- Host a Health & Wellness Fair

General event planning information:

- Create a committee (use existing wellness committee), determine chair
- Understand audience/participants (when would they want to participate, what resources would they want to see, numbers to expect, etc.)
- Set date, location
- Option to set a theme (nutrition one year, physical activity the next, etc.)
- Determine speakers, activity hosts, community agencies, consider inviting feeder high school students/student council to help organize and run event

- Market event and encourage participation (passport with stamps for visiting vendors/activities, drawing for prizes, etc.)
- Document event through pictures
- Evaluate event (survey participants, vendors, organizers) and plan for next year

Community resources/partners: click on the link beneath ‘Wellness Event Planner’ on LiveWell’s website to access a listing of contacts and resources in Greenville County. Engage your school community, including parents of current students as well as business owners, doctors, and community partners near your school. Also involve students and parents of feeder schools.

Timeline/checklist: click on the link beneath ‘Wellness Event Planner’ on LiveWell’s website to access an event timeline and checklist

Sample of national wellness events: click on the link beneath ‘Wellness Event Planner’ on LiveWell’s website to review wellness events from around the country