

# Physical activity

Here's how to power up your wellness campaign



We're excited that you've decided to run a wellness campaign at your workplace. Exercise gives your employees lots of healthy benefits. It can:

- Boost energy levels (at work and home)
- Help control weight and stress
- Promote a healthy heart and lungs
- Lower the risk of serious conditions like obesity, heart disease and diabetes

Experts say that adults should get at least 30 minutes of exercise every day. Walking is one of the easiest ways to do this. This campaign will encourage employees to track their steps using a pedometer. By forming teams, employees will encourage each other to do well. They'll also learn about charitable runs and walks, health fairs, the importance of health assessments and various weekly health activities.

## How to run the campaign

You can find everything you need for a great campaign at [modahealth.com/employers/wellatwork](http://modahealth.com/employers/wellatwork). Here are some tips for how to make the most of these materials.

Think about the timing of your campaign. You could use the National Wellness Institute's Health & Wellness Observances, along with what you know about your company and employees, to decide when to launch your campaign. We recommend running the campaign for 4 to 6 weeks at a time.

## Email templates

In your first email, include the Step Converter and Step Tracking documents. You can find these online. They'll help employees keep track of their activities. Then, send weekly emails for each health activity.

## Posters

Print these posters and hang them in areas your employees pass by often. Bathroom doors and kitchen or break room walls are great places. Hang your posters when you distribute the table tents.

## Table tents

Just print, fold and tape these table tents. Put them in popular gathering areas – like at lunch tables or around the water cooler – where people will see them. Place the table tents as soon as you send your first campaign email.

## Flyers

Print and distribute these flyers to give employees more information about your wellness campaign, along with healthy tips. Set them on break room tables or place them in your employees' mailboxes. You could distribute these at the beginning of your campaign, or wait until the middle to give your efforts an extra boost.

## Pedometers

Order in advance from [healthpromotionsnow.com](http://healthpromotionsnow.com). Give them to your Human Resources department, and make sure you order a few extras to replace any that get lost!

We invite you to schedule a wellness consultation at any time! Just ask your Moda Health representative to put you in touch.

