

# Samples of Workplace Wellness

## Monthly Themes

**APPENDIX G** - taken from “Making it Work in the Workplace” on the Leisure Information Network’s resources page:  
[www.lin.ca/resource/html/mkwkappg.htm](http://www.lin.ca/resource/html/mkwkappg.htm)

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### 12-MONTH THEME CALENDAR

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#### JANUARY

##### *READY-SET-GO*

New Year's resolution get-started activities:

- Offer educational sessions for beginners who want to start active living programs
- Begin indoor mall walking programs
- Promote and initiate individual counseling service for those wanting to begin physical activity programs
- Offer goal-setting incentive programs
- Offer physical fitness testing
- Hold an Open House/New Year's resolution week to include:
  - Sports equipment display
  - Active living activity demonstrations such as tai-chi, indoor gardening
  - New Year's ribbon-cutting ceremony
  - Sale of sports shoes and active wear
  - Registration for winter sports leagues such as curling, hockey and bowling
  - Community organizations/facility displays such as YMCA, Heart and Stroke Foundation
  - Outdoor events such as snow sculpture contest, tobogganing and sleigh ride activities

#### FEBRUARY

##### *DANCE FOR HEART*

- Participate in Dance for Heart, an aerobics fund raiser sponsored by the Heart and Stroke Foundation
- Organize a company curling bonspiel or bowling party
- Offer dance classes in old-time dance, highland dance

- Offer an on-site CPR course for families
- Launch a Sweet Hearts Smoking Cessation Program
- Arrange pay day demonstrations in tai-chi, martial arts, ribbon dancing
- Discover the great indoors with an indoor scavenger hunt, inside croquet or golf, an inside picnic event, weekend cultural tour of library/museums
- Organize a snowshoe can-can contest

## **MARCH**

### *FUEL YOUR ACTIVITY MONTH*

- Organize a "Fit Fest" team challenge
- Stage a fund-raising bicycle tune-up service
- Stage a pot-luck lunch with active living wear fashion show
- Plan a Hawaiian beach party at a local pool complete with palm trees at pool side and water polo with inner-tubes
- Organize a get-away fitness cruise for employees
- Plan a "Growing Your Own" event and invite a local gardening expert to speak on successful gardening techniques

## **APRIL**

### *SPRING-TUNE UP*

- Organize "Spring Tune-up" fair with check-out stations for running shoe tread, blood (valve) pressure, heart (engine) health, and so on. Involve community groups and company departments.
- Contact the Cancer Society for Cancer Month events
- Stage a Spring Flowers Scavenger Hunt Hold a kite building contest and kite launching event

## **MAY**

### *NATIONAL PHYSICAL ACTIVITY MONTH*

- Take part in "May Madness Marathon Month", an activity incentive challenge organized as part of National Physical Activity Month
- Hold a noon-hour bike maintenance workshop
- Take part in National Sneaker Day; offer prizes and a lunch-hour walk
- Contact Canada's Fitweek Secretariat for details of activities
- Hold a "best executive legs" contest

## **JUNE**

### *FRESH AIR MONTH*

- Contact Environment Canada about Environment week
- Plug into Occupational Health and Safety Week
- Encourage "fresh air" cycling or walks to work
- Plan a Spring into Summer family walk, followed by a barbecue
- Recruit teams for the YMCA Corporate Challenge Week
- Plan a summer activity program to include scuba diving, sailing, canoeing and rafting events
- Hold a clean-up event for debris in surrounding grounds or local park

## **JULY**

### *WATER SAFETY AWARENESS MONTH*

- Contact the Canadian Red Cross Society for information on water safety
- Contact the Canada Safety Council about National Boat Safety Week
- Offer water activity courses for sailing by the stars, scuba diving, paddling techniques for canoeing, rowing and kayaking
- Organize an outdoors safety camp with tips for activities such as boating and camping, with help from the health and safety department

## **AUGUST**

### *GREAT OUTDOORS MONTH*

- Hold a company family picnic with volleyball, softball, horseshoe pitch, face painting, tug-of-war, clowns, and more
- Plan a golf tournament preceded by a noon-hour session with a golf pro
- Plan a "Shorts and Shades" walk followed by a pot-luck beach party
- Arrange camping and hiking adventures for employees' families

## **SEPTEMBER**

### *FALL INTO FITNESS*

- Support family participation in the Terry Fox Run
- Hold a "So Long to Summer" barbecue
- Plan a fall program kick-off and promotional events such as membership draws for reduced rates at community facilities or coaching clinics.
- Arrange a "Collecting the Colours of Fall" scavenger event
- Hold a "Theatre Under the Stars" talent show event

## **OCTOBER**

### *"TALKING BACK" MONTH*

- Plan a "Back to Work" back care program in conjunction with the Occupational Health Department
- Sponsor physical activities focusing on exercise and back safety
- Contact the Worker's Compensation Board for information on back care at work
- Promote frequent stretch breaks
- Plan a special theme day to celebrate Halloween with healthy trick-or-treat samples and pumpkin draws

## **NOVEMBER**

### *TURKEY-TROT MONTH*

- Take part in "The Turkey Trot", a two-week activity incentive challenge
- Hold an educational session on being active in the cold weather
- Hold a pre-ski tune up, for equipment and bodies

## **DECEMBER**

### *HEALTHY HOLIDAYS*

- Hold a "Gift of Christmas" carolling and walking tour to gather toys and food for needy families
- Stage 'The Twelve Days of Fitness' with activities to get people through the holiday season
- Hold annual incentive awards and recognition events
- Take part in the "Turkeycise" annual activity challenge

---taken from the County of Lambton's Community Health Services Department.  
[www.lambtonhealth.on.ca/workplace/themes.asp](http://www.lambtonhealth.on.ca/workplace/themes.asp)

<b>January</b>	<b>February</b>	<b>March</b>	<b>April</b>
National Non-Smoking Week (17-23)  Weedless Wednesday (19)	Heart Health Month	National Nutrition Month  National Farm Safety Week (8-15)	Cancer Month  World Health Day (7)  Dental Health Month
<b>May</b>	<b>June</b>	<b>July</b>	<b>August</b>
Allergy/Asthma Awareness Month  National Summer Safety Week (1-7)  National Sun Awareness Week (15-21)  National Road Safety Week (19-25)  World No Tobacco Day (31)  Canada Health Day (12)  North American Occupational Health & Safety Week (15-21)	National Water Safety Week (June 5-10)  Commuter Challenge/Environment Week (June 4-10, '06)	Have A Great Summer!	Have A Great Summer!
<b>September</b>	<b>October</b>	<b>November</b>	<b>December</b>
AIDS Walk Canada, (24)  Car Safety Month  National Flu Prevention Awareness Month	Breast Cancer Awareness Month  International Day for Older Persons, (1)  National Family Week (1-7)  World Breastfeeding Week, Oct. 1-8  AIDS Awareness	Diabetes Month Drug Awareness Week (13-17)  National Child Day (20)  National AIDS Awareness Week (20-27)	World AIDS Day (1)  National Safe Driving Week (1-7)

	Week, Oct. 2-8  National School Safety Week (15-21)		
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