

Five Tips to Engage Your Colleagues in Wellness Programs



If you struggle to get your colleagues excited about your wellness program efforts, you are not alone. People get busy with work or personal life and sometimes workplace wellness activities go to the wayside. Below are five tips to help you engage your colleagues in wellness program activities at your work location.



Make it fun. Choose activities that are engaging and fun. Health and well-being doesn't always have to focus on exercise and eating right, or be presented as a webinar/lecture. Think outside the box like team challenges and games.



Make it easy to participate. One of the biggest hurdles to participation in wellness activities is time. People are more likely to participate in a challenge or activity if the instructions are simple to follow and reporting their results/participation isn't time-consuming.



Make activities and events visible and accessible. Bring awareness to your programs to let people know what's coming up. Choose a variety of communication methods to ensure people are getting the message, like email, flyers, internal social media outlets, announcements in meetings, newsletters, etc. Choose topics and activities that cover a variety of health and well-being topics outside of the typical physical activity and healthy eating topics, and that are inclusive of a variety of interests and abilities.



Celebrate your colleagues. Did someone just finish their first 5K or meet a major wellness milestone? If your colleagues are willing to share their experiences, highlight their journey in your wellness communications, like an email or newsletter. You never know who may be inspired by another's story or struggles.



Get feedback. At the start of the year, check in with your colleagues to learn what topics and activities they're interested in to help with your planning. At the end of the year, get their feedback on what they did or didn't enjoy, and get their ideas for next year. Your colleagues may be more likely to participate if they feel heard.



Stay up-to-date on the latest OEBC wellness programs by:

- ✓ Visiting <https://www.oregon.gov/oha/OEBC/Pages/Wellness.aspx>.
- ✓ Attending the OEBC Wellness Champion Network monthly meetings.