

UCI WELLNESS AMBASSADOR IDEA LIST

INCORPORATE HEALTH AND WELLNESS IN YOUR WORKPLACE

Ideas to get you started: easy ways to begin bringing wellness to your workplace

- Find a place or ask to post items like wellness flyers, posters, and announcements in a common area of your workplace (i.e. break rooms, copy rooms, etc.).
- Organize a walking group for lunch or break times to get you and coworkers to get out and [Move More](#). Follow an [Ant Trail](#) or take a [Meaningful Mile](#) walk around the UCI Campus.
- Use the UCI [Wellness ADDS UP](#) Video Library to play short videos on fitness, yoga, nutrition, and stress management in your workplace (i.e. play videos in the break room or ask to play a video in meetings).
- Incorporate humor to lighten up the workday and relieve stress by posting office appropriate cartoons and jokes.
- Get a group of coworkers together to participate in a [FitSquad](#) workout on campus.

Additional ideas: ways to further enhance wellness in your department

- Create a Wellness committee in your department.
- Choose an upcoming wellness program, like [Step Up](#), [UC Walks](#) or the [Maintain Don't Gain Challenge](#), for you and your coworkers to team up and participate in.
- Team up with one of the other department Ambassadors! Share ideas and plan team wellness events (i.e. group wellness challenges or workshops) with another department.
- Have coworkers choose or assign "Wellness Buddies" to encourage accountability and support for healthy behaviors within your workplace.
- Organize a [Healthy Potluck Lunch](#) by inviting coworkers to bring one of their favorite healthy dishes to share.
- Arrange for a wellness presentation to be provided in your workplace through the UCI Wellness Program or by reaching out to the UCI Wellness partners and vendors directly.
- Use the [UCI Healthy Meetings Guidelines](#) to plan meetings with healthy options and activity breaks.
- Create department challenges with you coworkers (i.e. # of minutes exercised, # of miles walked, reaching 10,000 steps a day, taking the stairs, etc.).
- Have spontaneous wall-sit competitions when the energy in the office gets low.

- Designate a quiet room or space in your work area that can be used as an employee retreat to help workers recharge and stay motivated throughout the day.
- Suggest implementing stretching breaks throughout the work day. Encourage coworkers to stand up, move around, or stretch for at least 2 minutes each hour. You can install [Ergonomic Software](#) to help in taking stretch breaks throughout the day (why: stretching and exercise can reduce the risk of certain health problems and create a great warm-up before diving into a stressful workday).
- Recommend an [Ergonomic Evaluation](#) to anyone who is experiencing work-related discomfort.
- Create a “Wellness Corner” in your office area. Have coworkers donate exercise bands, jump ropes, yoga mats, stretching poster, walking maps, etc.
- Coordinate a “Snack Shack” in your office area by donating a bag of fresh fruits or other healthy snacks. As each coworker eats the fruit/snacks, ask him/her to leave a donation to replenish the snack.
- Schedule a “Wellness Retreat” outside of work (i.e. hike nearby trails, have an outdoor picnic, go to the beach, etc.).
- Organize a “Bike to Work” day or a bike to meeting and rent bikes on campus (see [Zotwheels](#)).
- Have a healthy recipe contest or healthy recipe exchange in your department! (see [UCI Healthy Recipes](#)).
- Plan a lunch with your work unit at one of the UCI Campus dining halls for a sustainable/healthy lunch (see [UCI Campus Dish](#)).
- Organize a group outing with coworkers at a UCI event like a UCI sport game, UCI theatre production, etc. (see [UCI Ticket/Event Center](#)).
- Request “Take the Stairs” signs be posted in your building or [download and print your own](#) to post in your own area.
- Request a Weight Watchers at Work series hosted in your department (see [UCI Weight Watchers At Work](#)).
- Schedule a presentation from our [Employee Assistance Program](#), GuidanceResources to give your department an overview of the program resources and/or choose from their library of available workshop topics.
- Customize a [financial wellness presentation](#) from Fidelity for you department all-staff meeting
- Go green, promote bringing a water bottle and filling it throughout the day at a different [Hydration Station](#) on Campus.
- Take a Break. Consider promoting downloading [free phone apps](#) to help maximize your down-time.