



Activity Ideas

- Poker Walk (1 or 2 mile)
- Heart Healthy Brown Bag Lunches provided by companies
- Free blood pressure screenings
- Provide heart healthy snacks throughout the day
- Scavenger Hunt
- Group walks
- Employee Health Fair
- Organized bike ride
- Survivor Challenge
- Prize drawings
- Free lunch to employees
- Lunch and Learn speakers
- Musical chairs
- Contact YMCA or Recreation Department for an instructor to lead employees in a group workout
- Set up various fitness stations for employees to go through (basketball hoop, stationary bike, jump ropes, jumping jacks, etc.)
- Human Jenga