UCR Wellness Ambassadors – 50 Wellness Ideas – Take Your Pick!!

1. Distribute Wellness Program fliers, brochures and announcements.
2. Forward the monthly Well @ Work tip and quarterly BeWell newsletter to faculty and staff in your area.
3. Reserve a “Wellness Message” in staff meetings to pass along information on health topics and upcoming wellness events and programs.
4. Create a Wellness bulletin board in your area that contains program and wellness information.
5. Visit the Wellness website regularly and use the information available to encourage and motivate co-workers.
6. Encourage staff to check out the Wellness website regularly for new wellness information and programs.
7. Create a “Wellness Corner” in your office area. Provide exercise bands, jump ropes, yoga mats, walking maps, etc. to employees.
8. Put a scale and measuring tapes in the bathroom along with a Body Mass Index chart and information on healthy weight.
9. Coordinate a “snack shack” in your office area by donating a bag of fresh fruits or other healthy snacks. As each co-worker eats the fruit/snacks, ask him/her to leave a donation to replenish the snack.
10. Distribute a wellness related article and ask co-workers for feedback or meet to discuss.
11. Organize healthy potluck lunches or create a healthy salad bar with each co-worker bringing a salad topping.
12. Encourage ordering of healthy foods and beverages for celebrations or meetings. Choose raw vegetables with low/non-fat dressing, fruits, whole grain crackers or bread, and water or 100% fruit juices.
13. Organize walks at lunch or breaktimes.
14. Conduct a healthy recipe contest.
15. Conduct healthy recipes or cookbook swaps.
17. Schedule a “wellness retreat” outside of work (i.e. hike nearby trails, walk the Botanical Gardens, play tennis, etc.).
18. Design and measure indoor and outdoor walking routes in your area.
19. Encourage co-workers to get involved in wellness activities on campus and in the community.
20. Create department challenges within your group(s): # of minutes exercised, # of miles walked, reaching 10,000 steps a day, taking the stairs, etc.
21. Make sure drinking water is available to your co-workers. Water can decrease fatigue by hydrating your employees and also help regulate weight. The body is 55-75% water, so give your body what it needs!
22. Compile menus from local eateries and identify healthy items for co-workers to choose from. Encourage workers to make half of their plate fruits and vegetables or to double the vegetable servings.
23. Encourage co-workers to choose the “healthy choices” in vending machines and choose healthier snacks throughout the day.
24. 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.
25. Implement a stretching policy. For 2 minutes each hour, encourage co-workers to at least stand up and move around. Stretching and exercise can reduce the risk of certain health problems and create a great warm-up before diving into a stressful workday.
26. Implement a policy requiring that food left in the refrigerators be thrown out after two or more days. According to the CDC, foodborne illnesses affect 1 in 6 Americans each year. Protect yourself and others by discarding old food.

27. Encourage your co-workers to eat breakfast. Eating breakfast can raise metabolism by as much as 10%. It can give employees' metabolism a jumpstart, giving them the energy needed to perform at their best in an often demanding workday.


29. Conduct walking or standing meetings.

30. Incorporate humor to lighten up the workday and relieve stress by posting cartoons, sharing funny stories, and jokes.

31. Encourage co-workers to install the free stretch break software program to help them incorporate and take mini breaks and stretching breaks during the day.

32. Schedule a MobileFit session for your group/area

33. Arrange for a wellness presentation through the UCR Faculty and Staff Wellness Program

34. Contact the UCR Faculty and Staff Wellness Program for wellness packets containing a variety of brochures and tips sheets to distribute.

35. Encourage staff to participate in programs such as the Health Assessments, Behavior Change Programs, Educational Seminars, WalkingFit, MobileFit, etc.

36. Set a recruitment goal for each wellness program (i.e. Recruit 2 per program, etc.).

37. Participate in wellness programs and activities - Be an active and enthusiastic participant!

38. Identify potential ideas, strategies & programs for enhancing wellness and a healthy culture/work environment.

39. Use the UCR Guide to Healthy Meetings and Events to plan meetings with healthy options and activity breaks. For a hard copy of the guide, please contact Julie Chobdee, Wellness Program Coordinator.

40. Encourage co-workers to set a wellness goal around of the 7 Dimensions of Wellness. Visibly track goal progress if all agree to it.

41. Promote WalkingFit and encourage co-workers to enroll AND log steps. There will be quarterly recognition for Top Department!

42. Remind co-workers to take advantage of the wellness resources available through their health plans. For more information, contact Mary Johnson, Health Care Facilitator.

43. Encourage co-workers to create a personalized eating and fitness plan using the tools available on the UCR wellness website

44. Play the “Instant Recess” 10 minute physical activity break video during a long meeting or anytime throughout the work day to get everyone moving!

45. Remind co-workers to sign up for the Wellness listserv on the wellness website to receive announcements about wellness programs and events.

46. Encourage employees who work on the computer more than 3 hours a day to complete Ergo iSeat.

47. Recommend an ergonomic evaluation to anyone who is experiencing work-related discomfort.

48. Distribute materials and information on preventing back injuries.

49. Encourage co-workers to schedule time for wellness activities and meals with family members.

50. Contact Julie Chobdee, Wellness Program Coordinator, to communicate any wellness success, activities, and ideas implemented in your area.

For more information contact Julie Chobdee, MPH, Wellness Program Coordinator, at Julie.Chobdee@ucr.edu or 951-827-1488.