

Worksite Activity

What is a Worksite Activity? A Worksite Activity is an activity based at your worksite and run by your co-workers. These activities assist in promoting and advocate healthy lifestyle choices for staff at your worksite.

Examples of Worksite Activities:

- Basketball Tournament
- DVD Yoga Classes
- Morning Walking Class
- Zumba Classes
- Morning or Afternoon Stretching Group
- Healthy Eating Group (Recipe Sharing)



Guidelines for Worksite Activities:

- Specific Activity Duration (minimum of 4 weeks or an all day/one day event)
- Regular Meeting Time (one time per week with a minimum of 30 min)
- Have a Wellness Focus (walking club, nutrition club, volleyball, basketball, stress management)
- Participation (minimum of three people)

I'd like to sponsor a Worksite Activity, what do I do now? Complete the Worksite Activity Form on the back of this page, have your Wellness Ambassador or Committee member sign it, then email, fax or mail it to Employee Health, Wellness and Benefits. Your worksite activity will be recognized in an upcoming Wellness Works! Newsletter!

Worksite Activity Approval Form

Worksite Location: _____

Name of Activity: _____

Type of Activity: _____

Activity Begin Date: _____ Activity End Date: _____

Number of Participants: _____ Frequency of Activity: _____

Name of Activity Captain: _____

Signature of Activity Captain: _____

Name of Wellness Ambassador: _____

Signature of Wellness Ambassador : _____

This form must be approved by your Wellness Ambassador prior to your Worksite Activity begin date.

This form must be returned to Employee Health, Wellness and Benefits no later than 10 days after your begin date.

IMPORTANT NOTICE: Participation in this worksite activity is voluntary and at your own risk. Injuries resulting from such participation are not compensable as part of workers' compensation legislation. All employees participating in your event must sign the waiver attached to the Worksite Activity Approval Form that can be found on the Employee Health, Wellness and Benefits webpage.