

Living on WELL Street Blog: **“Develop a Wellness Calendar”**

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“To ensure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.” – William Londen

An important component of any worksite wellness program is a calendar of wellness observances and activities that are planned for months in advance. I recommend the following major quarterly themes that can be repeated in a “season-like” fashion every year:

1. January – March Nutrition or “Eat Well”
2. April – June Self-Care or “Take Care of Yourself”
3. July – September Physical Activity or “Move More”
4. October – December Emotional Wellbeing or “Manage Stress”

Each month should have a focus or observance that relates to the quarterly theme. An activity or event can then be planned that engages employees in the month’s focus/observance. Here is an example of a quarterly calendar:

Theme: Eat Well

<u>Month</u>	<u>Focus or Observance</u>	<u>Activity or Event</u>
January	Know Your Numbers	Measure critical health numbers/Offer screenings
February	American Heart Month	Participate in American Heart Association activities
March	National Nutrition Month	Engage employees in “5-A-Day Every Day” activity

January’s focus is not directly related to the quarterly theme of nutrition, however it is a great way to start off the New Year by raising awareness of critical health numbers that can be influenced by the food we eat. “National Blood Donor Month” and “Healthy Weight Week” are also observances that can be recognized in January.

Mix things up to keep things fresh. Change the types of observances that you recognize from month to month, or year to year. Also, change the duration of activities that you offer. Offer a month-long activity one month, followed by a weeklong activity or single day event the next month. A sample worksite wellness calendar and a calendar of health observances are available at the We Choose Health 365 website at: <http://wechoosehealth365.com/aspx/public/Page.aspx?pid=15548>.

Plan WELL!

Michael