

How to Organize Onsite Wellness Activities

Fitness Activities

- Contact your local YMCA or other gym to see if they offer free or low cost corporate onsite fitness classes
- Talk to your employees/coworkers; you may have personal trainers or certified coaches that can teach certain fitness classes (Ex: Yoga, Zumba, Pilates)
- Decide on a convenient location
- Think about equipment – will it be available or will participants need to bring their own
- Don't forget about safety and liability
- Schedule classes and communicate details to employees
- Have a sign-in sheet to track participation

Lunch N Learns

- Contact local hospitals, hospital foundations, health centers, faith based organizations, LSU Ag Centers, universities, training colleges or physician offices for free or low cost onsite seminars
- Decide on a conference room or convenient location
- Schedule lunch n learn and communicate details to employees
- Have a sign-in sheet to track participation

Mental Health/Massages

- Contact local physical therapy clinics, massage therapy schools, or therapeutic spas to see if they offer free or low cost educational seminars or onsite corporate chair massages
- Decide on a convenient, private location
- Schedule sessions and communicate details to employees
- Have employees sign-up prior to event sessions