Worksite Wellness Calendar Sample

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| Month | Topic | Event | Resource/Description |
| July | Healthy BMI | Wellness ChallengeEmail Blast | First Quarter Wellness Challenge: “BMI Challenge” * Individuals will participate in a BMI Challenge against themselves. It will be kicked off by an official BMI check in with a how to on lowering your BMI
* Every month we will have a weigh in, where they can be told how much percentage they have lost
* We will also have a secret FB page where everyone in the challenge can post healthy tips and maybe recipes.
* This challenge is a company-wide event and will conclude with a healthy celebration diner
* COAST Fitness DVD given to participants

Educational email blastwill be shared with all employees. Topic: Healthy Eating Resources: Healthy Eating for a Healthy Weight & Eat this not that * <https://www.eatthis.com/supermarkets/>
* <https://www.cdc.gov/healthyweight/healthy_eating/index.html>
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| August | National Immunization Awareness Month | Promote immunization awarenessEducational email blast | Informationwill be distributed with information on immunizations and the importance for those of all ages. * <http://ldh.la.gov/index.cfm/newsroom/category/130>
* Flu Shot Clinic provided at centers -Walgreens

Educational email blast will be shared with all employees. Topic: When to get immunizations * <https://www.cdc.gov/vaccines/vpd/vaccines-age.html>

BMI Challenge continues |
| September | Fruits and Veggies: More Matters Month | Promote the importance of eating fruits and veggiesEducational Email Blast | Information will be distributed with info on why eating fruits and veggies every day helps your health * <https://fruitsandveggies.org/>

LSU AgCenter provide education to seniors and staffEducational email blast will be shared with all employees.Topic:7 days of healthy snacks* <https://fruitsandveggies.org/stories/7-days-healthy-snacks/>

BMI Challenge continues |
| October | National Breast Cancer Awareness Month | Promote importance of health screeningsEducational Email Blast | Information will be distributed about the importance of breast examinations and risk factors, even to men because they can still get breast cancer, though they are less likely, it is still important that they know what to look for.Possible partnership with Mary Bird Perkins and Slidell Memorial Hospital to give presentation about Breast Cancer and bring the silicone breasts that you can identify lumps in. * <https://www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection.html>
* <https://www.cancer.org/cancer/breast-cancer/risk-and-prevention.html>

Educational email blast will be shared with all employees.Topic:Breast examinations clinical and self* <https://www.nationalbreastcancer.org/male-breast-cancer>
* <https://www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/american-cancer-society-recommendations-for-the-early-detection-of-breast-cancer.html>

BMI Challenge continues |
| November | American Diabetes Month  | Are You at Risk?Screening & EducationEducational Email Blast | Information on diabetes and how to lower your risk of type 2 diabetes.* <http://www.diabetes.org/are-you-at-risk/?loc=superfooter>

A1C screening for employees and information about diabetes self-management education programs available at local hospitals. Educational email blast will be shared with all employees.Topic:Living with Diabetes* <http://www.diabetes.org/living-with-diabetes/?loc=superfooter>
* <http://www.diabetes.org/living-with-diabetes/recently-diagnosed/where-do-i-begin/?loc=lwd-slabnav>

BMI Challenge continues |
| December | Eating Healthy for the Holidays | Educational Email Blast | Educational email blast will be shared with all employees.Topic:Healthy Eating for the Holidays* <https://www.self.com/story/13-holiday-healthy-eating-tips-from-a-registered-dietitian>
* <https://www.cdc.gov/features/diabetesmanagement/index.html>

BMI Challenge ends and celebration dinner for participants is hosted. |
| January | Healthy Habits to start in the New Year | Starting the New Year with Healthy ChangesEducational Email Blast  | Information on picking New Years Resolutions and how to stick with them.* <https://www.lifehack.org/articles/communication/50-new-years-resolution-ideas-and-how-achieve-each-them.html>
* <https://www.apa.org/helpcenter/resolution>

Educational email blast will be shared with all employees.Topic: Setting goals for weight loss* <https://smokefree.gov/stay-smokefree-good/weight/setting-goals-for-weight-loss>
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| February | American Heart Month | Promote Heart Health Educational Email Blast | Informationwill be distributed with information regarding heart health (how diet, exercise, stress reduction techniques and cessation are all linked to a healthy heart) * [https://www.heart.org/idc/groups/heart-public/@wcm/@mwa/documents/downloadable/ucm\_446711.pdf](https://www.heart.org/idc/groups/heart-public/%40wcm/%40mwa/documents/downloadable/ucm_446711.pdf)

Educational email blast will be shared with all employees.Topic:Exercises to help strengthen your heart * <https://familydoctor.org/diet-and-exercise-for-a-healthy-heart/>
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| March | Heathy Eating Tips  | Promote Healthy Eating Educational Email Blast | Promote healthy recipes, with more fruits and veggies. Concentrate on a nutrient rich diet. No fast food!Educational email blast will be shared with all employees.Topic: 10 Tips: Healthy Eating for an Active Lifestyle* <https://www.choosemyplate.gov/ten-tips-healthy-eating-for-an-active-lifestyle>
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| April | Low Impact Exercises | Promote Low-impact ExercisesWalking GroupsEducational Email Blast | Low-impact exercises, like walking, swimming and many more, can be tools for helping lose weight for people with bad joints. Or those who cannot do fast paced exercises* <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking/art-20046261>
* <https://www.health.com/fitness/best-low-impact-workout-weight-loss>

Get employees together to start walking groups and/or fitness buddies. Having the same skill level would be important so that they don’t feel discouraged. Having an accountability partner is always a good idea. avinHaEducational email blast will be shared with all employees.Topic:How to walk properly* <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking/art-20046261>
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| May | Mental Health Month  | Promote Mental Health Awareness Nami Walk Educational Email Blast | Mental health is an important part of staying healthy, and with a stigma of those with mental illnesses it is important to recognize the impact mental health plays on your overall health. Things like: stress, anxiety and depression can be life-threatening and debilitating. * <https://www.mentalhealth.org.uk/a-to-z/p/physical-health-and-mental-health>

Promote Nami Walk that happens in May.Educational email blast will be shared with all employees.Topic:Finding and seeking help* <http://www.mentalhealthamerica.net/finding-help>
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| June | National Migraine & Headache Awareness Month | Migraine EducationBlood Pressure ScreeningEducational Email Blast | Migraines are a very debilitating thing for those who have it. Also having multiple ones a month could be a cause for concern, so learn what symptoms are causes for concern.* <https://americanmigrainefoundation.org/resource-library/changes-in-headache-symptoms-concerned/>

Blood Pressure Screenings, headaches and migraines can often be signs of high blood pressure and other health issuesEducational email blast will be shared with all employees.Topic: Triggers and ways to tell a migraine is coming on* <https://www.mayoclinic.org/diseases-conditions/migraine-headache/symptoms-causes/syc-20360201>
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