



Alternative WELLNESS Solutions Week

Focus Area: Well-Being

Objective: Celebrate wellness ANYWHERE by encouraging daily activities around healthy eating, physical activity, tobacco cessation and/or well-being.

Length of Challenge: This is a one-week event.

Materials Needed:

- Emails (Request sample emails from your WFHTN Regional Wellness Coordinator.)
- Activity Trackers (or an online form)
- [Post-Event Survey](#)

Directions: Create daily themes (or use sample themes provided), send emails and provide trackers for employees.



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Getting Started:

1. Review sample daily themes provided below; edit as desired.
2. Schedule a week to celebrate "Alternative WELLNESS Solutions Week."
3. Send email to department/office/etc. the week before to let employees know about the upcoming "Alternative WELLNESS Solutions Week."
4. Send daily email to department/office/etc. to introduce the daily theme.
5. Collect trackers at end of the week and email them to your Wellness Council representative.

Sample Alternative WELLNESS Solutions Week Themes:

- Make a Goal Monday
- Take a Walk Tuesday
- Waste Not Wednesday
- Think Positive Thursday
- Feel Good Friday

**Alternative themes: Gratitude Day, Healthy Snacks Day, Tobacco-Free Day, Fruits & Vegetables Day, Take a Break Day, Whole Grains Day, etc. Be creative!*