



Workplace Wellness: Wellness Fair Activity Suggestions

Wellness issues important to you – brought to you by the insurance specialists at Andreini & Company.

By presenting engaging activities at a wellness fair, you will be able to motivate your employees to act to better their lives. As opposed to a simple wellness newsletter or flyer from time to time, a wellness fair gives you the opportunity to showcase ways in which your employees can make changes in their lives to better their health.

You are also not alone in this endeavor. Many community organizations and businesses can assist in your wellness fair by being booth participants. This is a great way for them to promote their services to an attentive audience, while also educating your employees.

Here are some activities that are sure to be a big hit at your next wellness fair:

- ✿ *Health for Older Workers:* Contact the American Association for Retired Persons (AARP) for demonstrations on older adult health and the local and national resources available to seniors.
- ✿ *Back Health:* Ask a local chiropractor to show a display of a backbone and discuss the importance of healthy posture as a way to promote back health.
- ✿ *Rescue Knowledge:* Ask your local Emergency Medical Services (EMS), Emergency Medical Technician (EMT) or paramedic to demonstrate CPR and simple first aid measures for common ailments.
- ✿ *Dental Care:* Ask a local dentist to provide a demonstration on proper dental care. He/she may also be able to provide toothbrushes, toothpaste and dental floss samples to your employees as a free giveaway for visiting the booth.
- ✿ *Healthy at Home:* Create a booth devoted to home healthcare by displaying medicines, supplies and information about what should be on-hand at home to adequately provide self-care. This may include a thermometer, humidifier, cold pack, cough suppressant, anti-diarrheal, hydrocortisone cream, bandages, etc. Contact a local pharmacy for free samples of these items to give away to your employees.
- ✿ *Child Car Safety:* Ask your local law enforcement to give demonstrations of how to properly install and buckle a child safety seat.
- ✿ *Poison Prevention:* Create a booth warning employees about how easy it is to mistake poisonous materials for other items, such as food.
 - To do so, design a model displaying medicine and candy and see if employees can tell the difference between them.

- Also, highlight the importance of reading labels, especially when individuals are in a rush or do not have their glasses on or contacts in. To do so, place masking tape over the labels of common household items – toothpaste, arthritis creams, hemorrhoid cream, eye drops, nasal spray or ear drops. Then, see if your employees can decipher what these items are if their vision was altered. This will hone in on the point that reading labels and knowing exactly what you are putting in and on your body is incredibly important.
- Your local poison control center may also be able to assist with a display.
- ✿ *Bicycle Safety:* Design a bicycle safety course for employees and their children. Then, have participants go through the age-appropriate courses, while demonstrating the proper hand signals. Require that everyone wears a helmet when going through the course and consider giving out prizes for those who participate.
- ✿ *Breast Self-Exams:* Contact a local health center or hospital to conduct a program on breast self-exams. Insist that they provide visuals that identify breast lumps at various stages of cancer and show how to properly administer an exam.
- ✿ *Children's Health:* Present programs on how to care for a child with a fever, preventing the flu, dealing with bed-wetting and preventing ear infections.
- ✿ *Alcohol Use and Prevention:* Contact Mothers Against Drunk Drivers (MADD) (800-GET-MADD) for resources on alcohol/drug abuse and prevention.
- ✿ *Fire Safety:* Contact your local fire department to provide safety programs on fire prevention and safety.
- ✿ *Managing Healthcare:* Provide information on how to select a doctor, how to be more proactive in making healthcare decisions and how to cut healthcare costs more effectively.
- ✿ *Heart Disease Prevention:* Contact the American Heart Association (800-AHA-USA1) for access to their Health Choices Games. These tools teach about heart health and preventive care.
- ✿ *Physical Fitness:* Contact a local health club to provide free 10-minute instructions of some of their most popular exercise courses (aerobics, yoga, Pilates, personal training, etc.).
 - Also contact a local personal trainer, physical therapist or exercise physiologist to discuss how to buy the right running shoes, how to select the best sports drink and how to find a target heart rate.
- ✿ *Prenatal Care:* Contact a local dietician to discuss the importance of prenatal care.
- ✿ *Tobacco Cessation:* Engage employees in several activities geared at highlighting the dangers of smoking. Here's one suggestion:
 - Give each employee a straw and ask them to place it in their mouths. Then ask each participant to pinch his/her nose and breathe only through the straw for one minute. After 30 seconds, ask participants to look at one another (this will usually trigger laughter). After one minute is up, ask participants to describe what it was like to breathe only through the straw. Then, ask them what it was like when they started to laugh. Most often, breathing through a straw is extremely difficult, especially when laughing. This activity demonstrates what life is like for emphysema sufferers.