

Workforce Wellness Competitions

A wellness program will have a positive Return on Investment (ROI) by reducing healthcare costs and increasing the productivity of your workforce. This is accomplished by utilizing effective health promotion and disease prevention through wellness visits to your company. One of the ways the employees are motivated to participate in wellness activities is through competitions.

- Cancer Prevention BINGO – Practice behaviors that help prevent cancer and mark off boxes to achieve BINGO.
- Healthy Bake Off Competition – Employees cook a healthy recipe that co-workers sample and vote on the winners in a variety of categories.
- Healthy Habit Challenge – Employees practice a healthy habit for one-week intervals.
- Hold for the Holidays Competition – Employee’s goal is to maintain their weight over the holidays with helpful tips for avoiding holiday pitfalls.
- Holiday Survivor – Fun, interactive competition themed for the Christmas season.
- Holiday Jeopardy – Employees can compete individually or as teams in this surviving the holidays, health related Jeopardy game.
- Iditarod – A team challenge based on healthy eating, exercise and sleep. Progress is charted on the Iditarod route on a map of Alaska.
- Letterboxing – Family oriented challenge to get families exercising together on a different type of scavenger hunt.
- Lifestyle Calendar Challenge Competition – Self-maintained competition over a 3-6 month period.
- On My Own Time – This competition focuses on stress reduction. Employees display the things they do to relax while a team of judges gives out awards in fun categories.
- Spring Into Action – Three month exercise and weight loss competition based around teams.
- Spring Training – Physical competition themed around baseball’s spring training. Employees run, hop and throw for the highest amount completed in a minute.
- Step It Up Program – Pedometer-based walking program. Requires minimal coordination after implementation.
- Summer Olympics – Employees compete in three events for top scores individually or as part of a team. Each event is one minute in length.
- Turkey Trot – Relay race that involves dressing frozen turkeys. This is done with teams and can be judged on time or the cutest bird.