



# WELLNESS COMPETITIONS

## SIX-WEEK COMPETITIONS

**Cancer Prevention BINGO:** Practice behaviors that help prevent cancer and mark off boxes to achieve BINGO.

**Destination Walking Program:** Employees compete on teams to see which can walk to a chosen destination first. Miles and steps are collected and all added toward the goal destination.

**Exercise BINGO:** Complete exercises in the boxes to achieve BINGO. Exercises include strength, endurance, flexibility, balance. Most can be done in 5-10 minutes.

**Healthy Habit Challenge:** Employees practice healthy habits for one-week intervals.

**Hold for the Holidays:** Employee's goal is to maintain their weight over the holidays with helpful tips for avoiding holiday pitfalls.

**Iditarod:** A team challenge based on healthy eating, exercise and sleep. Progress is charted on the Iditarod route on a map of Alaska.

**Lifestyle Challenge Calendar:** Self-maintained competition where participants practice a different healthy habit each day and earn extra points for each day they exercise.

**Soup My Coupe:** A team competition in which participants do healthy activities to earn points, which are then used to "buy" parts and accessories for a car.

**Spring into Action:** Exercise and weight loss competition based around teams.

**Step It Up Program:** Pedometer-based walking program. Requires minimal coordination after implementation.

**Weight Loss Competition:** Participants compete as individuals or in teams to see who can be the biggest loser.

**Winter WellnessLand:** An individual/family challenge; participants move along spaces on a "board game" with each healthful holiday choice they make.

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 employees are motivated to participate in wellness activities is through competitions.

## ONE-DAY COMPETITIONS

**Agility Ladder:** This involves practicing foot speed, overall body control, and coordination in 5 different agility pattern movements.

**Family Feud:** A wellness twist on an old favorite. Participants split up into two teams, and try to name the most popular responses to survey questions posed to 100 people.

**Healthy Bake-Off:** Employees cook healthy recipes. Co-workers sample the food and vote for the winners in a variety of categories.

**Holiday Jeopardy:** Employees can compete individually or as teams in this surviving-the-holidays, health related Jeopardy game.

**Holiday Survivor:** Fun, interactive, physical and mental competition themed for the Holiday season.

**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.

**Price is Right:** Are you the next contestant? Employees participate in games similar to those on the television show. Questions involve exercise, nutrition, and disease management.

**Spring Training:** Physical competition themed around baseball's spring training. Employees run, hop and throw for the highest amount completed in a minute.

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