

# Wellness Within Club



Workplace Wellness Scheme &  
Training Provider

## CHECKLIST

20 Items To Consider When Implementing A Workplace Wellness Scheme

### Health and Fitness

- 1. Needs Assessment: Conduct a thorough assessment of your employees' health and fitness needs and preferences.
  
- 2. Goals and Objectives: Define clear wellness program goals and objectives, such as reducing absenteeism, improving overall health, or boosting morale.
  
- 3. Wellness Committee: Form a wellness committee to oversee the program's planning, implementation, and evaluation.

- 4. Health Screenings: Offer health screenings for employees to identify risk factors and customize wellness plans.
  
- 5. Fitness Facilities: Evaluate the need for on-site fitness facilities or partnerships with local gyms.
  
- 6. Nutritional Support: Provide access to nutritional resources, such as healthy eating workshops and guidance.
  
- 7. Health Education: Offer workshops and seminars on various health topics, including nutrition, stress management, and physical fitness.
  
- 8. Regular Exercise: Encourage physical activity through regular exercise classes, walking groups, or incentives for active commuting.

## Training and Skill Development

- 9. Training Needs Analysis: Identify skill gaps among employees and offer relevant training programs.
  
- 10. Professional Development: Invest in opportunities for employees to enhance their professional skills and advance their careers.
  
- 11. Leadership Training: Develop leadership training programs to promote a culture of continuous improvement.

- 12. Soft Skills Training: Provide training in soft skills such as communication, teamwork, and conflict resolution.

## Challenges and Incentives

- 13. Wellness Challenges: Organize wellness challenges (e.g., step challenges, healthy eating challenges) to motivate participation.
- 14. Incentive Programs: Implement incentive programs with rewards for achieving wellness goals.
- 15. Recognition: Recognize and celebrate employees' wellness achievements.
- 16. Peer Support: Encourage peer support and recognition within the workplace.

## Mindfulness and Stress Reduction

- 17. Mindfulness Workshops: Conduct mindfulness workshops and meditation sessions.
- 18. Stress Management: Offer resources and training for stress management and resilience.

- 19. Mental Health Support: Provide access to Employee Assistance Programs (EAPs) and mental health resources.
  
- 20. Work-Life Balance: Promote work-life balance through flexible work arrangements and time-off policies.

Remember to regularly assess and adjust your wellness program based on employee feedback and evolving needs. A well-rounded workplace wellness scheme can improve employee morale, productivity, and overall well-being.

<https://wellnesswithinclub.com/workplace/> - access other supporting material, checklists and documents with ideas for wellness exercises, employee & business benefits and more.