

Behaviour Change Program Solutions

Wellness at Work provides behaviour change solutions that contribute to a comprehensive workplace strategy of support for voluntary health practices of employees. The programs listed below advance employee wellness to a new level because employees move beyond awareness and education to take action on health risks.

The following ***Solutions that Work*** are tailored to the needs of each workplace:

Arterial Pursuit

Arterial Pursuit is a 10 day heart health challenge incorporating the Stages of Change Model that recognizes employee readiness for behaviour change. Each day, a different heart healthy activity is introduced with a point system for completed tasks.

The benefit to the organization is reflected in improved heart health behaviours resulting in lower health risks.

Weight Wise At Work

The Weight Wise at Work program encourages and supports employees in making behaviour changes to improve healthy eating practices and/or achieve weight management goals. Each week of the program, new instructions are provided that encompass both eating and activity challenges.

The benefit to the organization is reflected in improved eating and activity behaviours resulting in lower health risks.

Walktober into November

Walktober into November is a fun, flexible active walking campaign. The program incorporates personal goal setting with daily tracking to encourage employees to make walking a part of their daily routine.

The benefit to the organization is the improvement of individual activity levels leading to reduced health risks for such diseases as high blood pressure, diabetes and osteoporosis.

The Amazing Case of Healthy Living

The Amazing Case of Healthy Living is a program designed to encourage employee team involvement in detecting ways to reduce the impact of stress, improve activity levels and modify eating habits.

The benefit to the organization is shown both in the team building and healthy lifestyle outcomes which provide positive returns in areas of organizational culture and personal health choices.

12 Days of Wellness

The 12 Days of Wellness program helps employees recognize and cope with stresses, both from the workplace as well as at home leading to improved work-life balance.

The benefit to the organization is the adoption of new stress coping skills leading to increased resilience and less absenteeism during stressful times.

Why Wellness at Work?

Wellness at Work has many years of experience developing and implementing behaviour change programs for organizations and companies, both large and small. Each program is tailored to meet the needs of the workplace and utilizes sound theory and best practices to address health risk behaviours that will benefit the individual as well as the organization. The follow-up evaluation will ensure that results are captured and health outcomes are evident so that the workplace can benchmark progress toward wellness goals.

If you have any questions about the programs above or wish to receive a quote, please contact us at info@wellnessatworksolutions.com.