

Activities to Inspire Team Wellness



With a third of our day spent at work, our practices can significantly support the health and wellness of our teams. Ensuring team members have opportunities for movement can help reduce anxiety and blood pressure and improve sleep quality. It can also help reduce workplace injuries, provide opportunities for team-building, and improve morale.



WALKING

Getting fresh air and walking outdoors is a great way to move together. Group nature walks are linked with significantly lower depression, less stress, and enhanced mental health and well-being.



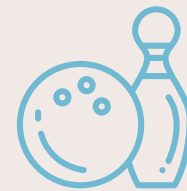
STRETCHING

We know team members jobs can be strenuous. Including some basic stretching during the morning huddle and/or periodically throughout the day can not only get you moving as a team but also prevent injury.



TAKE TURNS

For your next team-building event, take advantage of team member passions by rotating the activity. Is someone on your team a hiking enthusiast or yoga lover? Let them plan an activity they're passionate about and enjoy doing.



BOWLING

Bowling is a low-impact activity that nearly every person can enjoy - even people with disabilities can bowl with the use of various adapters. It's a great way to socialize and engage in friendly competition.

References:

helpguide.org/articles/healthy-living/how-to-start-exercising-and-stick-to-it.htm
record.umich.edu/articles/group-nature-walks-linked-improved-mental-health/

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