

52 Easy
Wellness Wednesday
Ideas to Try in
Your Workplace



Employers play a big role in workers' health.

In fact, a [recent Mercer survey](#) found employer support directly impacts employees' health and resilience — especially true during the pandemic. But there are specific winning combinations to focus on, of course. Variety, it turns out, plays a key role in helping employees find value in company well-being services, activities, and offerings. Respondents who had access to more resources and benefits were more likely to find an offering of value that they would actually use. If you find your team is often disinterested in workplace wellness events, variety may be the missing component.

That's where an ongoing health campaign like Wellness Wednesday can be helpful.

What is Wellness Wednesday?

You've likely seen the hashtag, #WellnessWednesday from time to time. This ongoing social media trend offers tips, tricks, and insights into living a healthy lifestyle. It started out as #WellnessWednesday for individuals to showcase their healthiest habits throughout the day to inspire others. Now, it is an opportunity for employers to bring wellness-centered activities into the workplace. It focuses on small actions or activities that encourage well-being both physically and mentally.

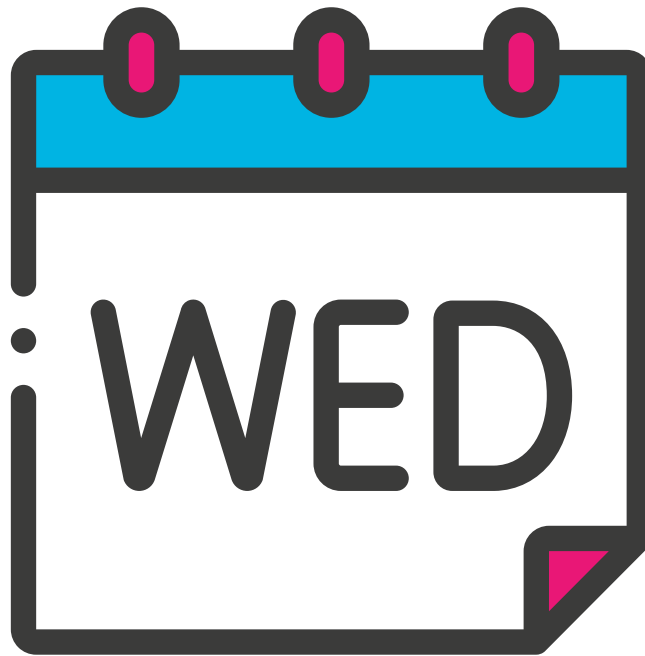
You already know healthy workers are more productive and have fewer on-the-job accidents than unhealthy ones. You also know most employees are craving better and more consistent wellness programs that start in the workplace but offer actionable insight that can be applied to other areas of their lives, too.

If you're looking to round out your wellness program with a weekly offering, this list of Wellness Wednesday ideas is for you. With weekly events and activities, you're bound to see more engagement, enthusiasm, and health improvements from your employees.

That's why Wellness Wednesday has become not only a popular hashtag on social media, but it's also a movement that workplaces are adopting. Most people can maintain a healthy habit for a few days or even a few weeks, but what about a full year?

Enter this year-long planner to have an easy-to-implement, engaging Wellness Wednesday event each week. Best of all, these ideas are no-fuss and can be planned within a few hours' time.

Here's to enjoying 52 unique ideas that can boost your employees' physical and mental well-being each and every week.



Perks of Offering Wellness Wednesday

If you're looking to bring more wellness ideas into the workplace, starting with a once-a-week activity is a great jumping off point. Doing a weekly activity reminds workers that it's easy to get started with making healthier choices and keep those choices as part of their daily lives. Wellness Wednesdays in the workplace show how simple it is to focus on wellness every week.

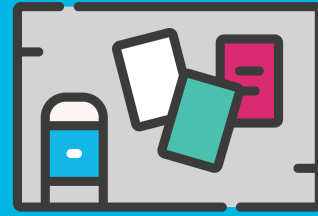
Benefits of bringing Wellness Wednesday to your workplace:

- Promotes a variety of wellness techniques
- Shows employees different ways to be healthy
- Encourages camaraderie and closer relationships
- Boosts the mental and physical well-being of workers

Keeping it simple is best. That's why we've curated this list of 52 ideas — one for each Wednesday in a full calendar year — to help you pick your favorites to try. You'll never run out of a wellness idea for Wednesdays again!

1. NAMASTE TO WELLNESS

Yoga is a gentle exercise proven to increase flexibility, lift mood, reduce weight, and more, according to the [American Osteopathic Association](#). Invite your team to come in a little earlier for a Wednesday morning yoga session. They'll start the day with exercise that makes them feel invigorated, alert, and ready to tackle the day!



2. WISDOM WALL

Everyone in the workplace has hidden talents or interests they love. Create a wisdom wall where employees can share tips or advice about their hobbies. This is a great way for team members to connect and build [social connections](#) and health — a must for well-being and good mental health.

3. HOST AN AFTERNOON TEA PARTY

Fire up the kettles for an afternoon of tea sampling. Since ancient times, tea has been touted for its major health benefits. Studies show advantages of tea drinking include the potential for an improved immune system. Plus, certain teas can act as inflammation fighters, according to [Penn State Medicine](#). Employees looking for an afternoon energy boost may want to opt for black tea while those searching for clear skin and anti-inflammatory benefits may want green tea.



4. GIVE BACK



Looking for a way to connect on a deeper level with your team and do good? Volunteer together to reap the [benefits](#) of reducing stress and anxiety while also giving your group a sense of purpose. Schools, soup kitchens, animal shelters, and faith organizations always need volunteers. Change it up once a month and explore together the ways your team can help in the community.

5. TRY A GRATITUDE CIRCLE

[Research](#) indicates that practicing gratitude improves life outlook along with better sleep, lower inflammation levels, and even lower blood pressure. Once a month (or week!) on Wednesday, have your team members share one thing they're grateful for in their lives. Doing so will open up conversations between colleagues and improve health.



6. HOST A POTLUCK SALAD BAR

Potlucks are a great time to socialize and explore new foods. But many times potlucks can turn into a heavy calorie free-for-all buffet that isn't good for the waistline or energy. Ask workers to switch it up and bring their favorite salads in for a healthier potluck. Vegetables — especially dark leafy greens — are full of cancer-fighting antioxidants and essential vitamins and minerals.



7. RELAX INTO REFLEXOLOGY

For those who don't mind being touched, reflexology is a great way to relax. Bring in a professionally trained reflexology expert who can potentially help reduce pain and anxiety with their techniques. Find a pro with the Complementary and Natural Healthcare Council, American Reflexology Certification Board, or other reputable certifying organization.



8. SWAP BAD HABITS PLEDGE

As they say, bad habits are hard to break. For your workers, those bad habits may include smoking, afternoon soda binges, sitting all day long without stretching, and more. It's possible to break bad habits, though. For a simple Wellness Wednesday idea, talk about the power of habits and then ask team members to publicly declare what bad habits they'll swap for good ones. Then, sign a banner to display pledges in the office.

9. MELT MASSIVE KNOTS AWAY

Who wouldn't love a mid-week massage? For workers who sit at desks all day, it's easy to hunch over and forget all about posture. The same goes for remote workers. Consider treating your employees to a chair massage in-house or sending them massage gift vouchers if they work remotely. Massage is proven to reduce tension, relieve stress, improve sleep, and more.



10. VIRTUAL DANCE CLASSES

Wanna dance with somebody? Why not your team members? Dancing is a great cardio workout and sometimes doesn't even feel like exercise if the right instructor is teaching. Bookmark [Battery Dance TV](#) and every Wednesday you can send your remote team members a different dance video to try for their workout of the day. Best of all, it's free and covers styles from jazz to contemporary and ballet to Latin. Working in the office these days? Put a video on in the conference room and have your team join in for a Wednesday dance party.

11. HOST A FINANCIAL WELLNESS CLASS

There's no denying that stress can make a person sick. One report from [Purdue University](#) found excessive levels of stress around money matters can cause anxiety, depression, headaches, high blood pressure, digestive issues, and more. Consider bringing in a financial expert to conduct workshops on saving, getting out of debt, and planning for retirement. A series of money classes could cover an entire month of Wednesdays!



12. WRITE STRESS AWAY

Encourage creativity and thought-provoking reflection by hosting a journaling class. This activity can be as simple as handing out notebooks with prompts to write on for 15-minutes on Wednesday mornings. Or, turn it into an art therapy class, too, and have blank journals on hand and craft supplies to let participants craft their own unique journal covers. Employees will benefit from anxiety reduction, self-confidence, and progress tracking that [journaling offers](#).



13. INVITE GUESTS TO VIRTUAL MEETINGS

Is there anything more delightful than seeing a surprise guest appear on your colleague's work screen? On Wednesdays, consider offering meet and greet sessions for employees to introduce pets, spouses, friends, kids, neighbors, or other interesting people they know. Doing so offers a glimpse into their personal lives and can help forge better team member bonds. Bonus points if their special guest can offer professional wellness insights!



14. STOP AND PLANK



Planks are a hardcore exercise move that benefits the body immensely. Best of all, no equipment is required. On the hour, stop and have employees get into the plank position. See who can hold their best form the longest.

15. SEND INSPIRING QUOTES

Looking for a quick Wellness Wednesday idea? It doesn't get much faster than sending a brief email with a link to inspirational health messaging. Quotes can offer motivation and brighten someone's day in less than a minute. Reference our [27 Inspirational Health Quotes to Motivate Employees](#) or [25 Quotes About Wellness Your Employees Need to Hear](#) for a quick copy and paste a link to send out.



16. ERGONOMICS TRAINING

In an era where computer work is the norm — especially remotely from coffee shops, couches, and beds — it's easy for employees to forget all about the importance of posture while working. With improper posture and work set-ups, the risk for employee injury like back pain increases. Set up a day or two to offer specific training for workstation safety.

Related: [Ergonomics in the Workplace: How Poor Posture Hurts Your Workers](#)



17. WEDNESDAY WALKING MEETINGS

For more simple meetings or briefings, consider hosting walking meetings on Wednesday mornings. Walking is a full-body exercise most individuals can do and it can easily include both remote or in-house employees. Burn calories and be productive while encouraging your workers to join leadership in taking walks while catching up. Throw in pedometers and new headsets for those who commit to three months of Wednesday walking meetings.

18. HEALTHY SELFIES

Let your workers do the inspiring by sending in their favorite pics of them doing a healthy activity. Anything from eating a salad to taking a hike to gardening or even playing outside with grandkids. Print and create a bulletin board showcasing the selfies or create a channel or dropbox for workers to share their images. Doing so inspires others in the workplace to mimic fellow colleagues' healthy choices and also opens the door to social connections.

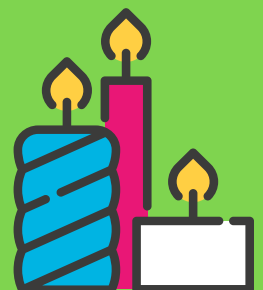


19. EAT LUNCH OUTSIDE

If your team still works on-site, sit together outside from an impromptu picnic. Viewing greenery can lift moods and spending time with colleagues can lift spirits, research shows.

20. DIY CANDLES

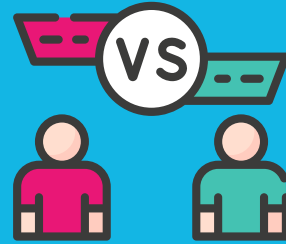
Candles are a lovely addition to spaces, including office spaces. Purchase supplies for a candle-making workshop and include relaxing scent options like lavender, eucalyptus, and lemongrass. Encourage employees to light them when they need some self-care time, and remind them lighting the candle signals taking time to slow down.



21. BIOMETRIC SCREENING DAY

Did you know that 86 percent of employees say they don't participate in wellness initiatives because they don't have time? Help them get those essential health tests done — like BMI, blood pressure checks, and more — right at work. Host a biometric screening day to give your employees essential health information to stay well. At-home workers can also participate via a home kit, too.

Related: [How to Host a Successful Biometric Screening Event](#)



22. HEALTHY TRIVIA

Looking to help your workers bond better? Consider a wellness activity that's quick-paced and fun like trivia. Print off a sheet of questions [like this one](#) and host a trivia challenge at work. A health-focused theme provides valuable knowledge to players while also letting them work their cognitive skills. Questions like, “How many chambers does the heart have?” and “How many calories on average are in a soda?” are great conversation starters around health.



23. JUMP ROPE CHALLENGE

If your office loves a good physical challenge, a jump rope one is ideal for getting essential cardio in each week. In fact, it only takes 10 minutes of jump roping to equate to essentially running an eight-minute mile. Whether you do a virtual jump rope session using technology like Nintendo Switch or Wii or do it together in-person, your staff will reap the positive heart health benefits of getting active. Jump rope activities will help melt inches, increase flexibility, and improve cardiovascular health.

Related: [Why Is Heart Health Important to Talk About in the Workplace?](#)

24. PUSH-UP CHALLENGE

No one likes a drill sergeant yelling “drop and give me 20!” but if it motivates your employees to do a push-up challenge on hump day, why not? Or, select a specific song to play that indicates it’s push-up time. Award the winner a gift card to their favorite store. Push-ups are a great way to strengthen the entire body and can help your team get a good cardio session in.



26. WHO'S GOT YOUR BACK

So many workers today sit on a computer and slouch — all day long. That’s a recipe for back pain, neck pain, and headaches. Bring a chiro or orthopedic doctor or physical therapist into the workplace who can demo the importance of posture and body alignment. They may even offer screenings to workers to show them how to adjust their bodies for optimal working positions.



25. JUICE SHOT BAR

These kinds of shots are the ones you’ll want your employees to do in the middle of the day! Bring in a juicer or purchase pre-made health shots for your workers to try. Most have simple ingredients like orange juice, turmeric, carrot juice, etc., so for each shot, have a nutrition note for them to read about the benefits. Turmeric, for example, is known to reduce inflammation and is a powerful antioxidant. For even more fun, bring in fresh fruits and veggies and have workers DIY their own shots or have a blind test contest and let team members vote for the best tasting ones!

27. GET COOKIN'

Gather the chefs of the office and invite the creative crafters to come up with an office plant-based cookbook. Research shows plant-based diets can reduce inflammation, improve heart health, and improve kidney function. Print off hard copies or put them on a company-wide drive to let workers have quick access to healthier recipes they can make at home.



28. BIKE TO WORK DAY

If your team members live close enough, encourage them to bike to work. Or, if they want to bike to their favorite lunch place, they can always bring their bike to work if home is too far. Alternatively, if you have remote workers, encourage them to take a neighborhood bike ride every Wednesday to enjoy fresh air and nature. Biking increases strength, flexibility, and decreases stress levels, too. Bike on!



29. GIVE AWAY WELLNESS BOXES

Employee wellness is here to stay. Remind your workers — whether they're at home or in the office — to take a moment for wellness. Create custom wellness boxes based on employee preferences or opt for a subscription box company to send them out. Items like journals, cozy blankets, tea packets, puzzles, jump ropes, yoga mats, and other wellness items make for great box items. Doing so shows appreciation to your team members and helps them remember to pause for their own well-being.



30. VISION BOARD

The crafters and dreamers in your office will love this one. Vision boards are an excellent tool for goal setting and motivation and serve as a visual representation of goals. It can be created as a physical board or a virtual one, depending on your team's work setup. Focus first on what matters most. Then, all the aspects of the vision can fall into place. Have plenty of magazines and crafting supplies on hand for physical boards.

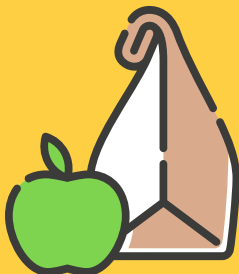


31. STOP SMOKING PLEDGE

Quitting smoking is no easy task. Ask any smoker, and they may have various stories to tell about times they planned to quit but didn't. Sadly, more than 16 million people live with a smoking-related disease. Bring a smoke cessation specialist in to discuss strategies for quitting smoking along with any workplace healthcare perks your company provides. Then, have them sign a pledge to quit smoking after giving them tools to do so.

32. LUNCH AND LEARN

Lunch and learn events may be one of the easiest ways to cover health topics your team is interested in. After getting feedback on the most important wellness topics your team wants to hear about, cater lunch, and host a special guest to speak on the topic. The range of topics is endless: Financial wellness, beginner workouts, nutrition 101, eating well on a daily basis, stress management, and more.



33. WORKER WELLNESS SURVEY

Workplace wellness won't improve if you don't know where it needs improvement. If you've been at Wellness Wednesdays for a while or need a fresh outlook, survey your audience. Make it anonymous so they can be honest and give feedback on what types of wellness activities would benefit them the most. Creating space for employees to be able to express opinions can lead to a healthier, more robust workplace wellness experience.



34. SWEAT FOR A CAUSE

Train together and work toward a charitable cause that also includes a physical component. Getting involved in local community events like community litter clean-ups, building affordable housing, and 5Ks bring team members together for a common cause. Philanthropic work is rewarding and offers greater life satisfaction, [studies show](#). Plus, it gives team members an event to look forward to each week or month.



35. PUSH IT



Setting personal and professional goals can feel downright like a dreaded project if not done right. Consider hiring a life coach to come in for a training session followed by a goal setting workshop for workers. Setting — and more importantly, achieving — goals builds confidence, inspires others, and leads to a more fulfilled and balanced life.

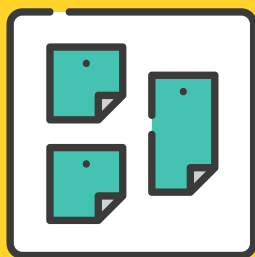
36. TEAM-BUILDING ACTIVITIES

Organizing [team-building activities](#) for the workplace can actually be fun. And if you turn it into a weekly event for Wellness Wednesdays, it's bound to be even more effective. Try different activities — from escape rooms to brain teasers and Charades to obstacle courses — to keep it interesting. These activities aren't only fun but also build trust, foster collaboration, deepen relationships, and create lasting memories.



37. TAKE WHAT YOU NEED

Sometimes, employees just need a little encouragement. Create a wall or make a hallway bulletin area where individuals can “take what they need” for the day. Little pocketed, labeled envelopes can hold inspirational quotes from books, movies, and important historical figures for recipients to read and feel inspired the rest of the day. Label pockets for notes related to hope, health, love, confidence, encouragement, and more.



38. MEN’S HEALTH WORKSHOP

Men are known to dodge the doctor and a recent Cleveland Clinic survey confirms that: Only half of the 1,174 adult men surveyed get regular checkups. A whopping 72 percent would rather do household chores than go see their doctor, reports [AARP](#). Put health front and center for male employees by hosting a mini-series focused on topics pertinent to male health like when to check testosterone levels, heart disease risk, prostate cancer risk, and more.

39. ENCOURAGE SPIRITUAL BLISS

Host various spiritual community leaders for talks at your workplace. Religion and spirituality can play a big role in one’s health and mindset, studies show. Allow workers to choose to attend talks and q-and-a sessions with religious leaders from around your company’s area. Doing so allows workers to expand their religious perspectives which can foster deeper connections with others, a must for well-being.



40. WOMEN’S HEALTH WORKSHOP

There are certain health topics that women need to be aware of to keep their health in tip-top shape. Create a mini-workshop series hosted every Wednesday for a month covering female-specific health issues like cervical cancer, breast cancer, self-care for women, and more. Guest speakers, related reading materials, and videos can round out the sessions.



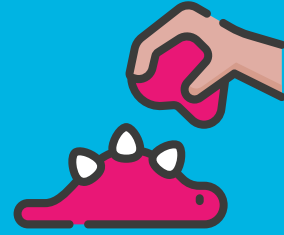
41. JUST BREATHE

How often does anyone really think about their breathing? It’s one of those natural body functions that just... happens. But research shows those who regularly focus on deep breathing are able to relax the body by signaling to the brain to slow down. Set a chime for the office to hear every hour that indicates it’s time to do some full, deep breathing. Ahhhhh.



42. GUIDED GROUP MEDITATION

Again and again, meditation has proven to be an excellent well-being activity that can be done nearly anywhere. Some individuals may not be sure how to start their own practice, though. To help them reap the benefits of meditation — like mindfulness, patience, and increased self-awareness — offer a guided group session to let them try it with others. It can feel less intimidating to do it together instead of alone.



43. DIY STRESS DOUGH

Playdough is a great tension reliever as it focuses a person's attention on squishing, rolling, and squeezing. Therapists often use it to help kids relax and relieve stress and the same is said for adults using it. Consider hosting a DIY stress dough workshop and allow workers to make their own. Aromatherapy scents like lavender and lemongrass have been proven to provide relaxing benefits, so incorporate them into the dough-making process!



44. HAVE A HAPPINESS CIRCLE

Get pumped up for your team members in a happiness circle once a week. Go around the room — virtually or in-person — and ask employees to share a positive event, accomplishment, or another happy moment they've experienced recently. As a result, your team members will feel happier and more deeply connected with one another.

45. EMBRACE WISDOM

Before a team meeting, enjoy a motivational pep talk to improve your employees' outlook for the day. TED talks, podcasts, and short YouTube clips are all excellent ways to kick off meetings on a positive note. You can also pick from a variety of topics, too, like mental health, building resilience, taking on challenges, and more.



47. KEEP THE FLU AWAY

The flu is contagious enough to take out a whole office during cold and flu season. Don't let that be your team! Just before flu season hits, set up a flu shot clinic in your workplace in October to get them vaccinated. Flu season peaks in December and February, so even if your company is late to the game, it's worth it to offer [flu shot clinics](#) to your team. Remote employees can be involved, too, just by sending them a voucher!

Related: [The Ultimate Cold & Flu Survival Guide](#)



46. WATER CHALLENGE

Daily water consumption is a must for optimal human health. It protects organs, lubricates joints, aids digestion, among other things. Unfortunately, though, most employees don't drink enough of it throughout the day. This Wellness Wednesday idea can start the moment they step through the door. Purchase brand-new water bottles for your team and have them fill up at your morning meeting. Have them track their water intake — women should aim for 11.5 cups and men about 15.5 cups daily — and see if they meet the daily recommendation. Keep the challenge up every Wednesday to watch for progress!

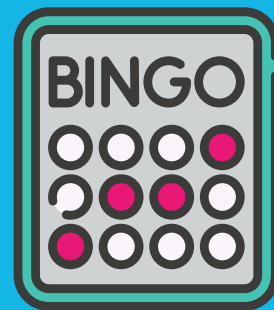
48. TAKE AN APPRECIATION BREAK

Gratitude goes a long way — for both the person expressing it and the one receiving it. Pass out blank thank you cards to employees who enjoy writing notes and have them take a moment to express gratitude to someone in their life. They may also opt to write a letter or send an email, too. [Gratitude practices](#) are known to increase resilience, improve sleep, and better relationships.



49. SHAKE IT

This activity is a perfect way to break up the workweek with a fun activity. Have employees sign up for a hula hoop contest. Because hula hooping requires core engagement, it provides similar results to other aerobic activities like salsa dancing. Women may burn around 165 calories and men around 200 calories for every 30 minutes of hula hooping, according to the Mayo Clinic.



50. TRY A NEW SPIN ON BINGO

Self-care is no longer a buzzword that indicates spa days and vacations. It's more about an ongoing lifestyle habit that more employers are trying to encourage. Gather your team together for a [self-care BINGO activity](#). Not only will it put a stark spotlight on self-care discussions, but it also encourages your team to break away from work for a social connection that everyone needs to stay healthy.

51. HEAD OUTDOORS

Not only does getting outdoors offer a change of scenery, but it also has a myriad of health benefits. Try your next workplace workout challenge outdoors, schedule a lunch and learn outside, or host a meeting in the great outdoors. Studies show nature exposure can increase self-esteem, stimulate creativity, and improve resistance to depression and stress.



52. SHOW OFF YOUR SMARTS

Let your team break for mental stimulation with brain games, health word searches, trivia, and other mentally-stimulating challenges. Research shows it helps cognitive abilities, too. For those who regularly participate in brain games, they learn to increase their attention spans, which can in turn be used in daily activities.

Thanks for downloading our free guide! We hope you find it useful in planning your upcoming Wellness Wednesday events with ease from here on out.

Looking to really overhaul your wellness program and help employees get in touch with their health? Reach out to us about [Beata](#), our turnkey wellness solution, that can get your team on the road to wellness sooner. It's powered through a user-friendly portal that's ideal for small to medium-sized businesses. Utilizing a wellness portal is an easy way for busy employers to manage an effective workplace wellness program.

[Learn more today and request a free quote!](#)