



## Keeping Employees Well Outside of Work

Why does Happy Hour have to happen in a bar? Instead of going out for drinks or dinner after work, try engaging your team fitness after work. Team sports are a great way for staff to build their relationships outside of the workplace.

### Getting Started

Consider your location. You may find that there are classes offered nearby including Pilates, aerobics or yoga. This may be true for any activity you get involved in with co-workers. More options for wellness lead to better engagement among employees. Some other great group activities that one can get involved in are:

- Walking
- Running
- Biking
- Bowling
- Softball
- Volleyball

### Benefits

After spending time at work, exercise often becomes a low priority at home. A good way to get motivated is to join an employer-sponsored team. Participating in exercise together is a great way to get others motivated and learn more about your co-workers outside of work. Being healthy outside of work leads to improved wellness in the workplace.

Benefits of wellness outside of work:

- Decreased health risks
- Increased energy
- Improved quality of life
- Greater employee camaraderie
- Increased productivity at work
- Reduced illness and possible injury
- Improved morale of the workplace
- Greater motivation to perform at work

For assistance in developing a more comprehensive wellness plan for your employees, contact Sharon Rateike, corporate wellness program coordinator at (920) 568-5018 or [Sharon.Rateike@forthc.com](mailto:Sharon.Rateike@forthc.com).

