

Healthy Team Challenges at Work



Corporate
Fitness
Works

Nutrition Challenges

- Hydration Challenge
 - Buy a teammate a new water bottle and track your water intake!
- Meal Prep Challenge
 - Who can bring a healthy lunch the most consecutive work days?
- Food Tracking Challenge
 - Each team member submits their weekly food journal to stay accountable
- Healthy Recipe Potluck
 - Research, prepare, and bring in a healthy recipe to share!



Walking/Step Challenges

- 10,000 Step Challenge
 - Which participant can get 10,000+ steps the most days of the month?
- Team vs. Team Mileage Challenge
 - Which team can collectively walk the most miles each week?
- Lunchtime Walking Break
 - Meet your team for a 10-minute walk on your lunch break



Mindfulness Challenges

- 5-Minute Meditation
 - Take a 5-minute break to meditate with a team member
- Team Lunch Without Electronics
 - Have a team lunch once per week and put away all electronics
- Attitude of Gratitude
 - Each teammate writes a note of thanks to a coworker once per day



Connect with Your Team

- Team Trivia Challenge
 - Each day, one teammate sends out a trivia question via email. Get it right and earn a point, no googling!
- Getting to Know You
 - Choose 5 questions and have everyone submit their answers anonymously. As a team, try to match the answers to the teammate!
- Random Acts of Kindness
 - First person to complete 10 Random Acts of Kindness in the workplace wins



February Fun

Secret Valentine Team Challenge:

- Randomly assign each person a Secret Valentine
- Each person buys their Secret Valentine a fitness related gift
- Exchange gifts and try to guess who was your Valentine!



References

<https://www.ihrsa.org/improve-your-club/7-fun-ideas-for-corporate-wellness-challenges/>

<https://www.corporatewellnessmagazine.com/article/workplace-wellness-challenges>

By Team Leader: Keriann Hill

