

Wellness Guide

As employers and employees are faced with paying for medical interventions to diagnose and treat preventable diseases, wellness initiatives continue to assist with promoting employee participation and increasing awareness in the workplace.

Sample Company Fitness Challenge Program

- [Sample Fitness Program – Members Only](#)
- [Fitness Reimbursement Program – Members Only](#)
- [Program Participation Release Form – Members Only](#)

Additional Resources

- [WELCOA](#) (The Wellness Council of America)
- [Work-Life Health & Wellness](#) (health and wellness materials from U.S. Office of Personnel Management)
- [Workplace Wellness Resource Guide](#) (Wisconsin Worksite Resource Kit)
- [Workplace Wellness Support](#) (Minnesota Department of Health)
- [GetActive Workplace Wellness Toolkit](#) (Iowa – Greater Des Moines Partnership)
- [Workplace Wellness Resource Guide](#) (Illinois Public Health Institute – Illinois Alliance to Prevent Obesity)
- [Health and Wellness Observances Calendar](#) (National Wellness Institute)

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