

wellness prizes for employees

Wellness Prizes for Employees: Boost Morale and Productivity with Rewarding Incentives

Feeling stuck in a rut trying to boost employee wellness and engagement? Let's face it, simply telling employees to prioritize their well-being isn't enough. What if you could motivate them with something they truly want? This post dives deep into the world of wellness prizes for employees, providing creative ideas, actionable strategies, and practical tips to design a winning wellness program that will skyrocket morale and productivity. We'll explore everything from budget-friendly options to luxurious rewards, ensuring your company finds the perfect fit. Get ready to transform your workplace into a wellness haven!

Why Invest in Wellness Prizes for Employees?

Before we jump into the exciting prize ideas, let's talk about the why. Investing in employee wellness isn't just a nice-to-have; it's a business imperative. Happy, healthy employees are:

More productive: A healthier workforce takes fewer sick days, resulting in increased output and efficiency.

More engaged: Showing you care about their well-being fosters a sense of loyalty and commitment.

Less stressed: Wellness initiatives reduce stress levels, leading to a more positive and collaborative work environment.

More creative: A healthy mind leads to fresh ideas and innovative solutions.

Better brand ambassadors: Employees who feel valued are more likely to speak positively about their company.

Budget-Friendly Wellness Prizes for Employees: Big Impact, Small Investment

You don't need a massive budget to create a meaningful wellness program. Here are some affordable yet effective prize ideas:

Gift cards to healthy food stores or meal delivery services: Encourage healthy eating habits with gift cards to places like Whole Foods, Trader Joe's, or healthy meal kit companies.

Fitness tracker or wearable device: Motivate employees to increase their physical activity with a budget-friendly fitness tracker. Many options are available for under \$50.

Subscription boxes focused on wellness: There are numerous subscription boxes catering to various wellness aspects, from yoga mats and essential oils to healthy snacks and meditation guides.

Company-sponsored team-building activities: Organize affordable team-building activities like group yoga classes, walking meetings, or a volunteer day at a local charity.

Early dismissal days or extra paid time off: Sometimes, the most valuable prize is extra time to relax and recharge.

Mid-Range Wellness Prizes: Stepping Up the Rewards

For a more substantial investment, consider these mid-range prize options that offer a significant boost to employee morale:

High-quality fitness equipment: Reward employees who consistently participate in wellness initiatives with a high-quality yoga mat, resistance bands, or a jump rope.

Spa day or massage voucher: Help employees de-stress with a relaxing spa day or massage. This is a fantastic reward for hitting specific wellness goals.

Wellness retreats or workshops: Organize a weekend wellness retreat or invite experts to conduct workshops on stress management, mindfulness, or nutrition.

Professional development courses related to wellness: Support employees' personal growth by offering courses in yoga instruction, nutrition coaching, or personal training.

Premium subscription services: Upgrade their wellness experience with premium subscriptions to meditation apps, fitness platforms, or healthy recipe services.

Luxury Wellness Prizes: The Ultimate Employee Appreciation

For truly exceptional achievements or company milestones, consider these luxurious wellness prizes:

All-inclusive wellness retreat: A luxurious getaway to a spa or wellness center provides a memorable and rejuvenating experience.

High-end fitness equipment: Award top performers with high-end equipment like a Peloton bike, a treadmill with interactive features, or a state-of-the-art home gym setup.

Personalized wellness coaching: Offer one-on-one coaching sessions with a certified wellness professional to help employees achieve their specific health goals.

Luxury gift baskets filled with wellness goodies: Create customized gift baskets brimming with premium teas, organic bath products, essential oils, and other luxurious wellness items.

Contribution to a retirement or health savings account: A significant contribution to their retirement or health savings account demonstrates your commitment to their long-term well-being.

Designing a Winning Wellness Program: Key Considerations

Creating a successful wellness program requires careful planning and consideration. Here are some essential elements:

Set clear goals and objectives: Define what you want to achieve with your wellness program. Are you aiming to reduce sick days, improve employee engagement, or something else?

Choose the right prizes: Select prizes that align with your employees' interests and preferences. Consider conducting a survey to gather input.

Establish clear participation guidelines: Outline the rules and criteria for earning wellness prizes to ensure fairness and transparency.

Promote the program effectively: Use various communication channels to announce and promote your wellness program.

Track progress and measure results: Regularly monitor your program's effectiveness and make adjustments as needed.

Conclusion

Investing in wellness prizes for employees is a strategic move that yields substantial returns. By offering a variety of incentives, from budget-friendly options to luxurious rewards, you can create a culture of wellness that boosts morale, productivity, and overall company success. Remember to tailor your program to your employees' needs and preferences, and don't forget to celebrate their achievements!

FAQs

1. How often should I offer wellness prizes? The frequency depends on your budget and the specific goals of your program. Consider offering prizes monthly, quarterly, or annually, or tie them to specific achievements or milestones.

1. How do I choose the right prizes for my employees? Conduct a survey or hold focus groups to understand your employees' preferences and interests. Consider offering a variety of prizes to cater to different needs and tastes.

1. How can I track the effectiveness of my wellness program? Monitor key metrics like employee absenteeism, engagement levels, and overall health indicators. You can also conduct surveys to gather feedback and measure employee satisfaction.

1. What if my company has a limited budget? Even with a small budget, you can still create a

meaningful wellness program. Focus on affordable prizes, such as gift cards, subscription boxes, or company-sponsored activities.

1. How do I ensure fairness and transparency in awarding wellness prizes? Establish clear guidelines and criteria for earning prizes. Communicate these guidelines clearly to all employees and ensure the process is transparent and equitable.

wellness prizes for employees: Get Different Mike Michalowicz, 2021-09-21 From Mike Michalowicz, bestselling author of *Profit First*, *Clockwork*, and *Fix This Next*, a practical and proven guide to standing out in a crowded market. Many business owners are frustrated because they feel invisible in a crowded marketplace. They know they are better than their competitors, but when they focus on that fact, they get little in return. That's because, to customers, better is not actually better. Different is better. And those who market differently, win. In his new marketing book, Mike Michalowicz offers a proven, no-bullsh*t method to position your business, service, or brand to get noticed, attract the best prospects, and convert those opportunities into sales. Told with the same humor and straight-talk that's gained Michalowicz an army of ardent followers, with actionable insights drawn from stories of real life entrepreneurs, this book lays out a simple, doable system based on three critical questions every entrepreneur and business owner must ask about their marketing: 1. Does it differentiate? 2. Does it attract? 3. Does it direct? *Get Different* is a game-changer for everyone who struggles to grow because their brand, message, product or service doesn't stand out and connect with customers--the long-anticipated answer to the defining business challenge of our time.

wellness prizes for employees: Workplace Wellness Programs Study Soeren Mattke, Hangsheng Liu, John P. Caloyeras, Christina Y. Huang, Kristin R. Van Busum, 2013 The report investigates the characteristics of workplace wellness programs, their prevalence and impact on employee health and medical cost, facilitators of their success, and the role of incentives in such programs. The authors employ four data collection and analysis streams: a literature review, a survey of employers, a longitudinal analysis of medical claims and wellness program data from a sample of employers, and five employer case studies.

wellness prizes for employees: The Work Wellness Deck Landra Bickley Eliopoulos, 2021-08-31 Banish burnout with this deck of 60 easy-to-do-anywhere prompts that encourage sanity, serenity, and wellness in your place of work, wherever that may be. Burnout is common in today's work culture. Whether due to long hours, excessive workloads, or lack of work-life balance, we all know someone who has felt overwhelmed at work. Enter *The Work Wellness Deck*: 60 actionable suggestions that will restore a sense of well-being in the workplace and banish burnout once and for all. Packaged in a portable format, the deck is organized into three categories: REFRESH (mental health), FLOW (physical health), and CONNECT (work relationships). Prompts include office stretches that help your posture, breathing exercises to manage stress, a gratitude practice to focus on the positive, and networking ideas to build meaningful relationships. Individuals can keep the deck on their desk or in their bag, pulling a card to start the day or as a midday mindfulness break, teams can use the cards to set a group intention, and company leaders can distribute this deck to employees as a wellness perk. No matter how it's used, *The Work Wellness Deck* will help people in all industries build resiliency, improve productivity, communicate effectively, and forge

connection—no matter where they work. **BURNOUT IS COMMON:** Whether you work from home and struggle to delineate work and personal time, or you work long hours at an office, it is common to feel overworked and overwhelmed at one point or another. The Work Wellness Deck is an effective tool in preventing and/or diminishing feelings of burnout. **PERFECT FOR COMPANIES:** Small businesses, company leaders, and HR reps in every industry—tech, finance, healthcare, law, media, nonprofits, retail, and more—can distribute this deck to their employees as a way to encourage them to prioritize their health and wellness. **LITTLE-PUBLISHED SLICE OF WELLNESS:** Wellness is a huge trend, but beyond self-help books on the topic, there isn't much accessible publishing on wellness in the workplace. This one-of-a-kind format is practical but still giftable, and fills that gap. Perfect for: • People who work and want to prioritize their own wellbeing • Anyone who feels burned-out • Job-changers • New graduates • HR reps and company leaders (for themselves or their employees); especially as a welcome gift for new hires, or a gift for a workplace anniversary or promotion

wellness prizes for employees: *Breast Health Handbook* Caryn Franklin, 1996 This breast health handbook is a readable, concise, practical and non-scary book which has everything readers need to know about taking care of their breasts. It covers everything from self-examinations and finding lumps to operations and treatment

wellness prizes for employees: *Make Their Day!* Cindy Ventrice, 2003 Written from the employees' viewpoint, this book explains why good working relationships form the core of effective workplace recognition.

wellness prizes for employees: *Ask a Manager* Alison Green, 2018-05-01 From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

wellness prizes for employees: *The 5 Languages of Appreciation in the Workplace* Gary Chapman, Paul White, 2019-01-01 OVER 600,000 COPIES SOLD! Based on the #1 New York Times bestseller *The 5 Love Languages®* (over 20 million copies sold) Dramatically improve workplace relationships simply by learning your coworkers' language of appreciation. This book will give you the tools to create a more positive workplace, increase employee engagement, and reduce staff turnover. How? By teaching you to effectively communicate authentic appreciation and encouragement to employees, co-workers, and leaders. Most relational problems in organizations flow from this question: do people feel appreciated? This book will help you answer "Yes!" A

bestseller—having sold over 600,000 copies and translated into 24 languages—this book has proven to be effective and valuable in diverse settings. Its principles about human behavior have helped businesses, non-profits, hospitals, schools, government agencies, and organizations with remote workers. PLUS! Each book contains a free access code for taking the online Motivating By Appreciation (MBA) Inventory (does not apply to purchases of used books). The assessment identifies a person's preferred languages of appreciation to help you apply the book. When supervisors and colleagues understand their coworkers' primary and secondary languages, as well as the specific actions they desire, they can effectively communicate authentic appreciation, thus creating healthy work relationships and raising the level of performance across an entire team or organization. *(Please contact mpcustomerservice@moody.edu if you purchased your book new and the access code is denied.) Take your team to the next level by applying The 5 Languages of Appreciation in the Workplace.

wellness prizes for employees: The Stop & Go Fast Food Nutrition Guide Steven G. Aldana, 2007 The Stop & Go Fast Food Nutrition Guide shows you how to navigate the fast food maze and choose foods that are actually good for you. The guide uses the colors of the stop light (red, yellow, and green) to help individuals choose foods that lead toward or away from good health. The Stop & Go Fast Food Nutrition Guide is the only guide that shows you how to navigate the fast food maze and identify fast foods that are actually good for you. With the help of a nationally recognized panel of nutrition experts, Dr. Aldana has color coded almost 3,500 fast foods from 68 different restaurants. Now you can sort through the fast food maze and select the healthy foods and avoid the unhealthy ones. Keep the guide in your glove box for easy access.

wellness prizes for employees: Tequila Mockingbird Tim Federle, 2013-04-23 Pour yourself a drink and brush up on your literary knowledge with this clever guidebook that pairs cherished novels with both classic and cutting-edge cocktails. No B.A. in English required! From barflies to book clubs, Tequila Mockingbird is the world's bestselling cocktail book for the literary obsessed. Featuring sixty-five delicious drink recipes paired with wry commentary on history's most beloved novels, Tequila Mockingbird also includes bar bites, drinking games, and whimsical illustrations throughout. Drinks include: The Pitcher of Dorian Grey Goose The Last of the Mojitos Love in the Time of Kahlua Romeo and Julep A Rum of One's Own Are You There, God? It's Me, Margarita Vermouth the Bell Tolls and more! 2013 Goodreads Choice Award (Food & Cookbooks) Entertainment Weekly Great Gifts for Book Lovers BookPage Best of 2013 Clue on Jeopardy

wellness prizes for employees: Work Together Anywhere Lisette Sutherland, Kirsten Janene-Nelson, 2020-06-02 An excellent guide on how teams can effectively work together, regardless of location. STEPHANE KASRIEL, former CEO of Upwork IN TODAY'S MODERN GLOBAL ECONOMY, companies and organizations in all sectors are embracing the game-changing benefits of the remote workplace. Managers benefit by saving money and resources and by having access to talent outside their zip codes, while employees enjoy greater job opportunities, productivity, independence, and work-life satisfaction. But in this new digital arena, companies need a plan for supporting efficiency and fostering streamlined, engaging teamwork. In Work Together Anywhere, Lisette Sutherland, an international champion of virtual-team strategies, offers a complete blueprint for optimizing team success by supporting every member of every team, including: EMPLOYEES/small advocating for work-from-home options MANAGERS/small seeking to maximize productivity and profitability TEAMS/small collaborating over complex projects and long-term goals ORGANIZATIONS/small reliant on sharing confidential documents and data COMPANY OWNERS/small striving to save money and attract the best brainpower Packed with hands-on materials and actionable advice for cultivating agility, camaraderie, and collaboration, Work Together Anywhere is a thorough and inspiring must-have guide for getting ahead in today's remote-working world.

wellness prizes for employees: 8 Keys to Mental Health Through Exercise (8 Keys to Mental Health) Christina Hibbert, 2016-04-25 Inspiring strategies from a wellness expert for keeping fit, relieving stress, and strengthening emotional well-being. We all know that exercise is

good for physical health, but recently, a wealth of data has proven that exercise also contributes to overall mental well-being. Routine exercise alleviates stress and anxiety, moderates depression, relieves chronic pain, and improves self-esteem. In this inspiring book, Christina Hibbert, a clinical psychologist and expert on women's mental health, grief, and self-esteem, explains the connections between exercise and mental well-being and offers readers step-by-step strategies for sticking to fitness goals, overcoming motivation challenges and roadblocks to working out, and maintaining a physically and emotionally healthy exercise regimen. This book will help readers to get moving, stay moving, and maintain the inspiration they need to reap the mental health benefits of regular exercise. The 8 keys include improving self-esteem with exercise, exercising as a family, getting motivated, changing how you think about exercise, and the FITT principle for establishing an effective exercise routine.

wellness prizes for employees: *Wanderlust* Moon Travel Guides, 2019-10-22 Dream, discover, and uncover your next great adventure. Moon Travel Guides takes you on a journey around the world with *Wanderlust: A Traveler's Guide to the Globe*. Get inspired with lists of mythic locations, epic trails, ancient cities, and more that span the four corners. This stunning, hardcover book is packed with full-color photos, charming illustrations, and fascinating overviews of each destination, making it the perfect gift for dreamers and adventurers alike. Walk along the Great Wall of China, climb the Atlas Mountains, or trek through Patagonia. Visit stunning national parks from Yellowstone in the US to Tongariro in New Zealand, explore the Gobi Desert, or set sail to the Greek Islands. Eat your way through the best street food cities in the world, follow wine trails from Spain to Australia, and shop famous markets from the Grand Bazaar to the Marrakech souks. Find the best places to stargaze from Chile to France, or witness jaw-dropping phenomena from reversing rivers and blooming deserts to fluorescent blue haze and the Aurora Boreales. Filled with natural wonders, dazzling celebrations, quirky festivals, road trips, bucket-list sites, epic outdoor adventures, and cultural treasures, *Wanderlust* is the definitive book for the curious traveler. Where will you go?

wellness prizes for employees: *Celebrate Customer Service* Rick Crandall, 1998-11 If everyone acknowledges the importance of customer service, why is service so bad in practice? This book starts with proof that providing great service to your customers is worth a lot to you, while providing merely good service is worth little.

wellness prizes for employees: *Next-Generation Wellness at Work* Stephenie Overman, 2009-09-15 Fact: Wellness programs benefit the bottom line. Motorola, for example, found that each dollar invested in wellness benefits returned \$3.93 in health and disability cost savings. *Next-Generation Wellness at Work* tells how to get in on the action. A nuts-and-bolts, how-to guide for managers, it delivers the latest thinking on how to take full advantage of the benefits that wellness programs can offer both employees and companies. And the effort couldn't be more important. With the soaring cost of medical care and the increase in obesity and lifestyle-related illnesses, there is growing recognition that companies must build a culture of health and enable employees to become better guardians of their own well being. This book illustrates, in detail, exactly how to accomplish those goals. Good health saves in ways that go beyond smaller insurance premiums. It also has a direct relationship with employee productivity, making wellness a matter of high-level strategy. However, many workplace wellness programs are not as effective as they could be. They are not comprehensive, not long-term, and not marketed to the people who could benefit most. Wellness expert Stephenie Overman helps managers take practical steps to overcome these deficiencies and build successful workplace wellness programs that result in tangible, bottom-line benefits for organizations. And the book starts from the ground up, first by explaining how to take a company's temperature, get management buy-in, and design a program that fits a company's unique needs and situation. Building a program is one thing, but will they come? That's where Overman's expertise is essential: She shows how to motivate workers to take advantage of the program and reap its many benefits. And she explains how to partner with local health providers and integrate methods to promote psychological well being, two key ingredients for success. Not many corporate programs benefit both employees and the company equally, but a well-planned wellness initiative

will boost the health and productivity of employees, leading to a happier—and more competitive—workplace.

wellness prizes for employees: *The Total Money Makeover: Classic Edition* Dave Ramsey, 2013-09-17 Do you want to build a budget that actually works for you? Are you ready to transform your relationship with money? This New York Times bestseller has already helped millions of people just like you learn how to develop everyday money-saving habits with the help of America's favorite personal finance expert, Dave Ramsey. By now, you've already heard all of the nutty get-rich-quick schemes and the fiscal diet fads that leave you with a lot of quirky ideas but not a penny in your pocket. If you're tired of the lies and sick of the false promises, Dave is here to provide practical, long-term help. The Total Money Makeover is the simplest, most straightforward game plan for completely changing your finances. And, best of all, these principles are based on results, not pie-in-the-sky fantasies. This is the financial reset you've been looking for. The Total Money Makeover: Classic Edition will give you the tools and the encouragement you need to: Design a sure-fire plan for paying off all debt—from your cars to your home and everything in between using the debt snowball method Break bad habits and make lasting changes when it comes to your relationship with money Recognize the 10 most dangerous money myths Secure a healthy nest egg for emergencies and set yourself up for retirement Become financially healthy for life Live like no one else, so later you can LIVE (and GIVE) like no one else! This edition of The Total Money Makeover includes new, expanded Dave Rants that tackle marriage conflict, college debt, and so much more. The Total Money Makeover: Classic Edition also includes brand new back-of-the-book resources to help you make The Total Money Makeover your new reality.

wellness prizes for employees: Workplace Wellness Programs: Promoting Employee Health and Wellbeing Julian Paterson, Workplace Wellness Programs: Promoting Employee Health and Wellbeing is an essential guide for employers and HR professionals seeking to enhance the health and productivity of their workforce. This comprehensive book covers every aspect of designing, implementing, and sustaining effective wellness programs, from physical health initiatives and mental health support to financial wellness and creating a healthy work environment. With practical strategies, real-world case studies, and insights into the latest technology and trends, this book provides the tools and knowledge needed to create a thriving workplace where employees can achieve their best both personally and professionally. Whether you are starting from scratch or looking to improve existing programs, this book is your roadmap to fostering a culture of wellness and success.

wellness prizes for employees: **FASTER Way to Fat Loss** Amanda Tress, 2019-05-20 Are you one of the millions of individuals who have tried every fad diet on the market, and still can't meet your goals? Or maybe you're killing yourself at the gym, spending hours on the treadmill to maintain the perfect number on the scale. Regardless of your failing strategy, you're feeling exhausted, discouraged, and uninspired. Enter The FASTER Way to Fat Loss, a behind-the-scenes look at the lifestyle sweeping the health and wellness industry. Since the creation of the program in 2016, the FASTER Way has helped tens of thousands of men and women lose fat and regain confidence. Through the book, Amanda Tress, author and creator of the FASTER Way to Fat Loss, details the core components of the FASTER Way and dives into the science that backs them up. Please note: Purchasing this book does NOT include participation in the official FASTER Way to Fat Loss program. Program registration must be purchased separately at www.fasterwaytofatloss.com.

wellness prizes for employees: **The Governor's Council on Physical Fitness** United States. President's Council on Physical Fitness & Sports, 1972

wellness prizes for employees: *Financial Peace* Dave Ramsey, 2002-01-01 Dave Ramsey explains those scriptural guidelines for handling money.

wellness prizes for employees: **The Psychologically Healthy Workplace** Matthew J. Grawitch, David W. Ballard, 2016 This book examines the complex interplay between employees and management, to determine how a psychologically healthy workplace is constructed and maintained.

wellness prizes for employees: **Fix This Next** Mike Michalowicz, 2020-04-28 From Mike

Michalowicz, the author of PROFIT FIRST, CLOCKWORK, and THE PUMPKIN PLAN, comes the ultimate diagnostic tool for every entrepreneur. The biggest problem entrepreneurs have is that they don't know what their biggest problem is. If you find yourself trapped between stagnating sales, staff turnover, and unhappy customers, what do you fix first? Every issue seems urgent -- but there's no way to address all of them at once. The result? A business that continues to go in endless circles putting out urgent fires and prioritizing the wrong things. Fortunately, Mike Michalowicz has a simple system to help you eradicate these frustrations and get your business moving forward, fast. Mike himself has lived through the struggles and countless distractions of entrepreneurship, and devoted years to finding a simple way to pinpoint exactly where to direct attention for rapid growth. He figured out that every business has a hierarchy of needs, and if you can understand where you are in that hierarchy, you can identify what needs immediate attention. Simply fix that one thing next, and your business will naturally and effortlessly level-up. Over the past decade, Mike has developed an ardent following for his funny, honest, and actionable insights told through the stories of real entrepreneurs. Now, Fix This Next offers a simple, unique, and wildly powerful business compass that has already helped hundreds of companies get to the next level, and will do the same for you. Immediately.

wellness prizes for employees: *The Guide To Becoming An Employee Benefits Know It All* Denise Perkins, 2023-07-24 This Guide is chock full of resources, information, and real-life examples selected to assist new and developing employee benefit and HR professionals learn about and confidently manage workplace employee benefit programs. Instead of providing summaries of employee benefit statutes and regulations, this Guide focuses on where to find reliable sources to interpret and implement them. There are also real-life examples of the challenges and triumphs of administering workplace benefits, including leaves of absence, claim disputes, benefit plan communication, and more. Employee benefit professionals learn their craft on the job and with the help of the occasional seminar or certification course. However, this approach to learning is slow. At its worst, it can perpetuate misinformation and misunderstanding. New and developing employee benefit professionals can learn from the real-world challenges and triumphs of seasoned benefit pros to fill in the gaps in knowledge of real-life employee benefit administration. It also includes 6 Bonus Documents (Microsoft Word and Excel templates to calculate premium changes, adjust benefit deductions, create personalized compensation statements and COBRA notices, and use pivot tables and VLOOKUP) to take your benefits game to the next level. Lastly, an Instructors Guide is available to colleges and universities to teach the concepts outlined throughout the book. This separate Guide includes an in-class discussion outline for each book chapter and group and independent class assignments.

wellness prizes for employees: *The Culprit & the Cure* Steven G. Aldana, 2005 This book presents a wealth of evidence that reveals how a healthy diet, exercise, and other healthy lifestyles can impact life-span and the risk of cancer, heart disease, diabetes and other chronic diseases. It provides easy-to-follow guidelines that will help individuals begin and maintain a healthy lifestyle for life. No infomercials here, just the facts from an authority who knows.

wellness prizes for employees: *Desktop Boxing* Running Press, 2016-09-27 For boxing fans and desk jockeys alike, Desktop Boxing is the perfect desk accessory for fun yet effective stress relief. Don't take out your stress on your coworkers, take it out on this mini punching bag! Box includes: A mini desktop punching bag with suction cup base Two tiny boxing gloves for your pointer fingers A mini book with basic finger boxing moves and boxing trivia

wellness prizes for employees: *Fitness Dice* Chronicle Books, 2020-08-18 For fitness lovers of all levels, this handy kit includes 7 wooden dice and an instructional booklet with 36 different exercises--offering a fun and effective way to get a full-body workout at home or on the go. Each die represents a different area of focus: lower body, upper body, chest and back, core, cardio, full body, and number of reps/time. Simply roll the dice to generate a workout sequence or to add variety to an existing routine. With thousands of possible combinations and options for making exercises easier or more challenging, Fitness Dice is guaranteed to keep workouts fresh and exciting. No props or

equipment needed! INCLUDES: 7 wooden dice, an instructional booklet with explanations for 36 different exercises-at a lower price point than many other fitness products. GET A FULL-BODY WORKOUT AT HOME, NO EQUIPMENT NECESSARY: Roll the dice for a unique fitness routine every time. You don't need any weights, props, or machines-just your own body! THOUSANDS OF POSSIBLE COMBINATIONS: The dice cover various body parts and types of exercises (cardio, back, arms, legs, etc.), and determine the number of reps and duration. With more than 45,000 workout possibilities, you'll never have to do the same one twice! TAKES THE INTIMIDATION OUT OF WORKING OUT: No matter your fitness level, these dice will create a great workout. And the included booklet will guide you through each exercise as well as offer tips on stretching, warming up, and cooling down. GREAT FOR BUSY FOLKS ON THE GO: No need to worry about getting to the gym or a workout class; fit in an efficient workout whenever and wherever! FUN, UNIQUE GIFT OR SELF-PURCHASE FOR FITNESS FANS: Great for men and women, health-conscious folks, fans of other quick routines like the 7-Minute Workout, and beginners as well as more advanced athletes.

wellness prizes for employees: All In Josh Levs, 2015-05-12 When journalist Josh Levs was denied fair parental leave by his employer after his child was born, he fought back—and won. Since then, he's become an advocate for modern families and working fathers. In All In, he explores the changing face of fatherhood and what it means for our individual lives, families, workplaces, and society. Fatherhood today is far different from previous generations. Stay-at-home dads are increasingly common, and growing numbers of men are working part-time or flextime schedules to spend more time with their children. Even the traditional breadwinner-dad is being transformed. Dads today are more emotionally and physically involved on the home front. They are “all in” and—like mothers—they are struggling with work-life balance and doing it all. Journalist and “dad columnist” Josh Levs explains that despite these unprecedented changes, our laws, corporate policies, and gender-based expectations in the workplace remain rigid. They are preventing both women and men from living out the equality we believe in—and hurting businesses in the process. Women have done a great job of speaking out about this, Levs—whose fight for parental leave made front page news across the country—argues. It's now time for men to join in. Combining Levs' personal experiences with investigative reporting and frank conversations with fathers about everything from work life to money to sex, All In busts popular myths, lays out facts, uncovers the forces holding all of us back, and shows how we can all join together to change them.

wellness prizes for employees: Let Go of Emotional Overeating and Love Your Food Arlene B. Englander, 2018-08-24 Let Go of Emotional Overeating and Love Your Food is for anyone who would like to eat whatever they like, yet stop just at the point of satisfaction without overeating. Written by a Columbia University trained psychotherapist and former emotional overeater, Let Go of Emotional Overeating and Love Your Food offers psychologically sound techniques for recognizing the symptoms of emotional overeating and methods for addressing it in ways that are both effective and enjoyable. Readers will learn how to become aware of the difference between eating in a healthy way and eating emotionally - neither to satisfy hunger, nor for enjoyment, but in a desperate attempt to distract oneself from painful thoughts and feelings. Diets don't work for people who eat through their emotions. Instead, learning to recognize the stressors that lead to emotional eating and to address those tensions through other methods besides eating is the goal. When we handle stress well away from the table, we're free to relax and really savor our food when we choose to eat. Proven techniques like Cognitive Behavioral Therapy (CBT) are presented in an innovative, easy-to-remember way. Learning to eat mindfully, for health and enjoyment, becomes the goal, and Arlene Englander walks readers through table techniques designed to make mindful eating easier, habitual, and ultimately second-nature. Allowing for both fun foods and healthy foods, Englander's approach emphasizes eating healthfully and being aware of best practices and the behavioral objectives of coping with stress, exercising regularly, mindful eating, good nutrition and hydration, and controlling overeating situations. She addresses late-night eating, parties, vacation, and other situations where overindulging may be a risk. She concludes with a prescription that is meant to last so that readers can love their food for a lifetime.

wellness prizes for employees: *Financial Counseling* Dorothy B. Durband, Ryan H. Law, Angela K. Mazzolini, 2018-10-16 This text is a valuable new resource that we recommend for all of our professionals and are proud to incorporate as part of our AFC® certification program. With expertise representing the breadth and depth of the financial counseling profession, the content in this text provides you with a rigorous foundation of knowledge, considers critical theoretical models, and explores foundational skills of communication, self-awareness, and bias. This type of comprehensive approach aligns with our mission and vision—providing you with the foundational knowledge to meet clients where they are across the financial life-cycle and impact long-term financial capability. -Rebecca Wiggins, Executive Director, AFCPE® (Association for Financial Counseling and Planning Education®) This timely volume presents a comprehensive overview of financial counseling skills in accessible, practical detail for readers throughout the career span. Expert financial counselors, educators, and researchers refer to classic and current theories for up-to-date instruction on building long-term client competence, working with clients of diverse backgrounds, addressing problem financial behavior, and approaching sensitive topics. From these core components, readers have a choice of integrated frameworks for guiding clients in critical areas of financial decision-making. This essential work: · Offers an introduction to financial counseling as a practice and profession · Discusses the challenges of working in financial counseling · Explores the elements of the client/counselor relationship · Compares delivery systems and practice models · Features effective tools and resources used in financial counseling · Encourages counselor ethics, preparedness, and self-awareness A standout in professional development references, *Financial Counseling* equips students and new professionals to better understand this demanding field, and offers seasoned veterans a robust refresher course in current best practices.

wellness prizes for employees: *Mindfulness Cards* Rohan Gunatillake, 2018

wellness prizes for employees: *The Odessa File* Frederick Forsyth, 2011 Suspense fiction. Reissues of 7 of Forsyth's classic thrillers.

wellness prizes for employees: *Cracking Health Costs* Tom Emerick, Al Lewis, 2013-06-07 *Cracking Health Costs* reveals the best ways for companies and small businesses to fight back, right now, against rising health care costs. This book proposes multiple, practical steps that you can take to control costs and increase the effectiveness of the health benefit. The book is all about rolling back health care costs to save companies and employees money. Working hand-in-hand with their employees, businesses need to ensure that, whenever feasible, employees with the most expensive diagnoses get optimal treatment at hospitals not practicing “volume-driven” medicine for higher profits. Less than 10% of employees incur 80% of costs. About 20% of patients have been completely misdiagnosed, while many others are simply the victims of surgeons who are either practicing bad medicine or overtreating for profit. For example, some companies, such as Walmart and Lowe’s, are turning to the “Centers of Excellence” approach author Tom Emerick helped to pioneer while running benefits for Walmart. By determining which hospitals are adopting the highest standards of care, benefits managers can reduce the number of unnecessary high-cost surgeries and improve employees’ overall health. The solution-based approach offered by the book is unique, because it can be implemented by businesses today.

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wellness prizes for employees: *ReSYNC Your Life* Samir Becic, 2017-10-31 Named “#1 Fitness Trainer in the World” four times in a row, health and fitness expert Samir Becic motivates readers to become a stronger, leaner, smarter, and happier version of themselves in 28 days by using his revolutionary and highly effective ReSYNC® Method. Samir Becic is one of the most celebrated fitness trainers in the world. His revolutionary ReSYNC® Method shows people how to

resync their minds and bodies for optimum health and fitness so that they live fully and healthy, the way God created them. A whole body-mind approach, ReSYNC® is an alternative training program that encompasses physical fitness, nutritional health, and mental and spiritual balance. The power of the ReSYNC® Method comes from its simplicity. It uses the body's own movement and natural resistance instead of costly or heavy equipment, which allows followers to push their bodies to their full potential without harming themselves. As a result, athletes and exercise buffs consistently tout it as more effective than gym training. The nutrition plan includes foods that lead to glowing health, a leaner physique, and increased brain power. And the spiritual component encourages prayer and meditation techniques linked to better health. Samir Becic's proven strategies, implemented with tens of thousands of clients for more than 15 years--from Lakewood Church to Bally Total Fitness Clubs--will help readers ReSYNC® their body, mind, and spirit to be everything they were meant to be.

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wellness prizes for employees: **Letters to a Young Therapist** Mary Pipher, 2009-08 Psychology.

wellness prizes for employees: *Flourishing* Corey L. M. Keyes, Jonathan Haidt, 2003 Psychology has made great strides in understanding mental illness, but how much has it learned about mental health? When people want to reflect upon the good life and how to live it, they turn to philosophers and novelists, not psychologists. The emerging field of positive psychology aims to redress this imbalance. In *Flourishing*, distinguished scholars apply scientific analyses to study the good life, expanding the scope of social and psychological research to include happiness, well-being, courage, citizenship, play, and the satisfactions of healthy work and healthy relationships. Their findings reveal that a sense of meaning and a feeling of richness emerge in life as people immerse themselves in activities, relationships, and the pursuit of intrinsically satisfying goals like overcoming adversity or serving one's community through volunteering. This provocative book will further define this evolving field.

wellness prizes for employees: **The Book of Useless Information** Publications International, 2011 The Book of Useless Information addresses virtually every imaginable topic, from the most unusual tourist attractions in the United States to the legend of Dracula. This 704-page padded hardcover book contains 250 articles, statistics, facts, trivia, and lists that range from absurd to useless to hilarious. Readers learn about the deadliest diseases of the 20th century, the craziest entertainment acts of all time, the world's most unusual museums, the most outlandish laws on the books, the biggest Hollywood blunders, the most dangerous jobs, and much more. Quirky illustrations enhance the stories. Sample chapters include: The Unexplained, Science and Technology, The Arts, History, Around the World, and Death and the Macabre The Book of Useless Information provides hours upon hours of fascinating reading for anyone with a curious mind. Makes a wonderful gift for trivia buffs.

wellness prizes for employees: School Nursing Janice Selekman, Robin Adair Shannon, Catherine F Yonkaitis, 2019-07-01 Produced in cooperation with the National Association of School Nurses, this text includes comprehensive coverage of the multiple facets of school nursing—from the foundations of practice and the roles and functions of a school nurse through episodic and chronic illness and behavioral issues, to legal issues and leading and managing within school settings. Written and edited by school nurses and pediatric experts, it features real-world-tested, best practices based on evidence and experience. There's content here that you won't find in other books, such as health assessments, individualized health plan development, mental health conditions including adolescent depression, contemporary legal issues, and current policy statements essential to school nursing.

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2018-05-07 From now into the future, we believe that Total Rewards are going to be the differentiator of great organizations vs. good ones. It's the most powerful way to motivate employees to accomplish organization objectives. This book provides a step-by-step road map for the development of the appropriate Total Rewards Strategy to suit any organization's broader organizational and people strategies. The reader will find in this book a way to break down the organization strategy into an operational set of principles that will result in a Total Rewards Strategy that directly supports desired outcomes.

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