

**New Year’s Resolution for**

**Corporate Wellness:**

**How about a Membership?**

**You can leverage your employees’ January fitness motivation.**

January is a peak season when people feel compelled to get moving on their fitness goals. They buy gym memberships, make pacts with friends and clean out their snack food cupboard. All good things! As an employer, you need this momentum to continue beyond this fip-of-the-calendar whim.

Everyone needs support to instill new healthy behaviours. Here are a few best practices to create an environment of support:

Don’t bring left over holiday foods into the office. If it isn’t healthy for your family, then toss it.

Add some health tips into department meetings. Reminding them of their goals will help to keep their fitness focus.

In meetings that are 20 minutes or longer, give employees permission to stand and move around as needed.

If food is being provided by the employer, make sure it is healthy and nutritionally dense.







Never under estimate the power of social contagion. Social scientists have shown that behaviours will subtly and unintentionally spread through social clusters. This phenomenon can have both negative and positive effects on everything from body weight to smoking to levels of happiness. When we are surrounded by others who model healthy behaviours, our inherent desire to fit in and be part of that group will drive us to adopt those same behaviours. At EWSNetwork, we see the impact of social contagion in wellness programs. This powerful social factor should motivate us as employers to provide environments where our employees can be successful in their seedling goals of wellness.





**Your employees got their gym membership – support them by getting your Wellness Membership.** Get started next week by joining in this

***free webinar Jan 24th or Jan 26th***. Help your people succeed in 2017!

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