

**BHG 2018 Wellness Program Resource Ideas**  
***To be used with your Stipend***

**Healthy Cooking Demo**

Bring in a Professional Chef to help educate your location on how to prepare a healthy recipe!

**Massage Therapy**

Bring in a Massage Therapist for a day. Schedule 15-20 minute time slots for each member.

**Healthy Luncheon**

Serve a healthy lunch catered from a local business. This is great to pair with biometric screenings or presentation to get more participants!

**Berkshire Organics**

This local business offers fruit and vegetable baskets that you can have delivered right to your location. They will pick up your empty basket as well. This is very convenient and an excellent way to bring in more health foods choices in the staff lounge!

<https://www.berkshireorganics.com/home.php>

**Local Farms**

Connect with one of your local farms and offer a discount to your staff to purchase a share for the season! This is a great way to support local farmers and support healthy eating that is within season!

**Ergonomics and Proper Lifting**

Does your staff suffer from pain and soreness from improper body mechanics? Bring in a Physical Therapist or Exercise Professional who can help teach them how to start using their body correctly and tips on how to avoid injuries.

**Exercise Equipment Demonstrations**

Has your location been interested in particular piece of equipment such as Kettlebells, Resistance Bands, Dumb bells, Medicine Balls and would like to learn more on how to use them? Bring in a Certified Personal Trainer who can teach them how to use these forms of equipment without ever having to go the gym!

#### Blood Pressure Screenings

High Blood Pressure is a prevalent condition. Good evidence supports that blood pressure measurement can identify adults at increased risk of cardiovascular disease from high blood pressure.

Help educate your team and decrease the incidence of cardiovascular events. This is great to pair with biometric screenings or presentation to get more participants!

#### Smoking Cessation

Does your local have a higher rate of smokers? Bring in a Tobacco Cessation Specialist that can offer tools to help educate and provide resources on how to quit.

#### Skin Care Tutorial

Bring in a local Aesthetician or Dermatologist who can recommend skin care products that will help prevent skin cancer, and educate you on the best products that are not toxic and can help improve your skin naturally.