



Random Acts of Wellness

Focus Area: Well-being Activities

Objective: Random Acts of Wellness is a low-cost, but very visible and motivating way to recognize and show your support for employees who are working hard to adopt healthy behaviors.

Length of Challenge: Varies. One day to one month long.

Materials Needed:

- ☐ Random Acts of Wellness Certificate

Directions:

1. Catch someone in the act of a healthy behavior like taking the stairs instead of the elevator, eating a healthy lunch, exercising during the workday, drinking water instead of soda/sugared beverages or quitting tobacco products.
2. Print the [Random Acts of Wellness Certificate](#) and give it to an employee to acknowledge their healthy behavior.

Regional/Satellite Offices & AWS Employees: This challenge can be hosted across regional/satellite office and/or with AWS employees.

Getting Started:

1. Decide which dates your "Random Acts of Wellness Challenge" will run.
2. Announce the challenge to employees! (This can be done via email, e-newsletter, department intranet and/or fliers.)
3. Before the challenge begins, share the following:
 - [Random Acts of Wellness Certificate](#)
 - Dates of when the challenge will begin and end
 - Directions on how to play the "Random Acts of Wellness Challenge"
 - Details about how to submit their photos and certificates
4. As the challenge comes near an end, send a reminder to participants to submit their photos and certificates!



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