

4 Healthy Rewards

A healthy eating challenge that rewards your staff for making healthy choices by enabling them to collect points towards rewards.

1. Work with your workplace food and drink providers (in-house or external) to identify the healthier options that will be rewarded with points
2. Decide on appropriate team-based rewards (e.g. team with most points after one month gets free healthy meal)
3. Create a simple collector card (like the ones coffee shops often give out), print copies and source ink stamps / stickers to mark points on card (alternatively you could use plastic tokens)
4. Brief food and drink serving staff and team champions to keep count
5. Inform staff of the challenge and health benefits
6. Keep staff updated on progress and celebrate the winning team



Healthy Rewards – the health benefits

- Feel better fast: choosing the food and drinks in the scheme should help you get more healthy stuff like fruit, veg and fibre into your diet – your body will thank you for it!
- Losing a bit of weight: the Healthy Rewards options are lower in calories, so they should help you fill up without piling on pounds
- Long-term health benefits: improving your diet now could help you reduce your risk of developing serious illnesses like heart disease, type 2 diabetes and some cancers in the future

More ideas...

- Does the fruit in your staff restaurant come with little stickers on it? You could challenge your staff to stick the stickers on a wall chart to show which team can eat the most fruit.
- Do you provide buses to your site for staff? Perhaps you could ask the drivers to let 'walk to work-ers' off at a pre-agreed earlier point near the site, so they can walk some of the way.
- Are your staff financially motivated to choose healthy food and drink options? Subsidising or promoting healthy options are ways that organisations can help staff eat and drink their way to better health.
- Do you hold sit-down meetings or briefings? Some organisations find that 'walking meetings' – where people walk outside together while they talk – not only help staff be more active, they also help to keep meetings short!



For more information, search change4life online:
www.nhs.uk/change4life

Four ready-to-run healthy challenges for your staff

This leaflet contains suggestions for four activities that you could start running today in your workplace as part of Change4Life. Two focus on healthy eating and two on being more active – start by discussing with your staff which are most suitable for them.



Top tips for a successful challenge

- Competition is a great motivator – pitting teams, departments or sites against each other will get staff encouraging their colleagues to join in
- Delegate the running – appoint an overall coordinator and 'champions' to represent each team or department
- Consult with staff before choosing a challenge and make any necessary alterations to meet your staff's needs
- Maintain two-way communication – ask teams/individuals for weekly feedback on how they are doing and put this on your intranet, Change4Life personalisable poster or circulate to all participants by email. This helps people see how they are doing and means staff are more likely to keep going with the challenge
- Reward achievement – you may wish to encourage staff participation as well as their competitiveness with healthy rewards and prizes
- Keep activities fresh – be sure to set an end date to the challenge so your staff know what they are working towards and don't get bored

1 Save the sugar

A healthy eating challenge to help your staff cut down on sugar in their tea or coffee

1. Work out how much sugar your staff usually get through in a week (boxes of sachets or cubes, refills of vending machine sugar etc)
2. Decide on your sugar saving target (e.g. half the usual amount)
3. Pledge a reward based on the amount of sugar your staff save, e.g.
 - a. Donation to your workforce's favourite charity
 - b. Contribution to staff social event
 - c. Other team-based reward of your choosing
4. Inform staff of the challenge (including signs in hot drinks area) and the health benefits
5. Keep staff updated on progress and celebrate their achievements



Save the sugar – the health benefits

- Maintained energy levels: cutting down on foods with lots of added sugar can help you avoid energy slumps
- Losing a bit of weight: there's a lot of calories in sugar – cutting down is an easy way to help cut your calorie intake and may help with weight control
- Long-term health benefits: cutting back on sugar now could help you reduce your weight and therefore your risk of developing serious illnesses like heart disease, type 2 diabetes and some cancers in the future

2 Think feet first

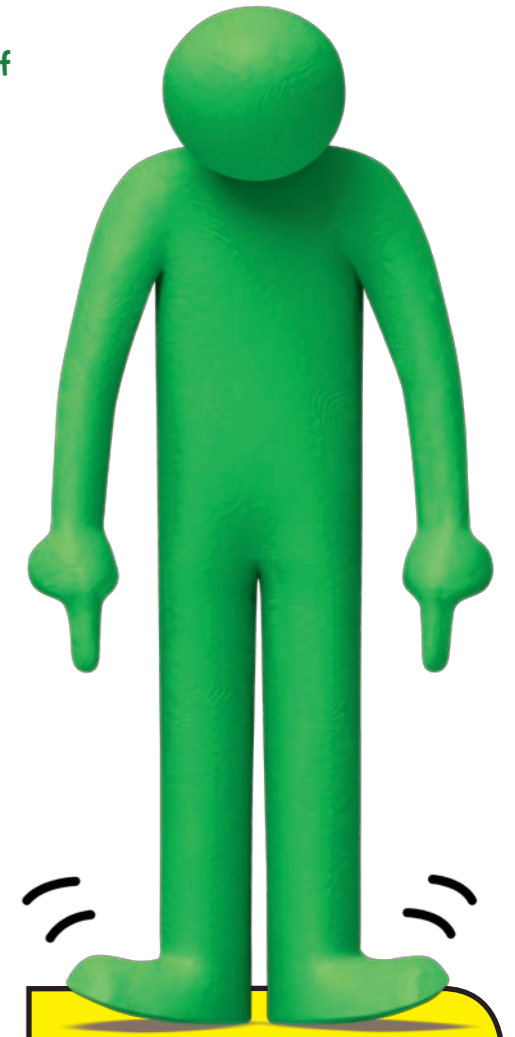
Getting your staff more active by challenging them to clock up enough walking miles to reach a destination of your choosing. You can make this more competitive by making your destination another of your sites or branches, teaming up with the staff there and seeing which site's staff can clock up the miles faster!

1. Either provide each participant with a pedometer (cost effective when bulk-bought)
2. Or identify and measure some popular walking routes in the vicinity of your workplace
3. Identify a suitable destination to represent your target mileage, e.g. a site of yours in another city or another destination linked with your organisation
4. Liaise with staff at the destination site to run their activity in tandem
5. Create progress charts to display in staff areas
6. Brief team champions – they will need to collect their team's mileage each week
7. Tell staff about the challenge and inform them of health benefits
8. Keep staff updated on progress (which site has walked further) and celebrate the winning team

3 Climbing Everest

Getting your staff more active by challenging them to climb stairs in your workplace equating to the height of Mount Everest, rather than using the lift.

1. Identify suitable flights of stairs in your workplace and measure them (diagonal length from floor to top step)
2. Calculate how many flights will add up to each mountain's height:
 - Ben Nevis = 1,344m / 4,409ft
 - K2 = 8,611m / 28,250ft
 - Kilimanjaro = 5,895m / 19,340ft
 - Mt Everest = 8,846m / 29,035ft
3. Create tally charts to pin up at top of stairs (staff will make a mark for their team each time they climb the stairs)
4. Create progress charts to display in staff areas
5. Brief team champions – they will need to monitor their team's progress
6. Tell staff about the challenge and inform them of health benefits
7. Keep staff updated on progress and celebrate the winning team



Think feet first and Climbing Everest – the health benefits

- More energy, fewer aches and pains and better sleep: walking and taking the stairs are both easy ways to build activity into your day. If you can, build up to doing 30 minutes of moderate activity, 5 times a week, trying to get your heart beating faster and your lungs working a bit harder for at least 10 minutes at a time.
- Long-term health benefits: being more active now could help you reduce your risk of developing serious illnesses like heart disease, type 2 diabetes and some cancers in the future

Metres walked							
	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Max							
Jane							
Jim							
John							