

QUICK WINS

Environmental Changes You Can Make Today

Environmental changes signal:

Wellness isn't a program. It's how we do things here.

THIS WEEK

Free or Under
\$500

- Post walking route maps around building
- Create standing desk policy
- Upgrade water stations (add lemon/cucumber water)
- Add healthy snack options in vending machines
- Declare break room 'quiet zone' for meditation

THIS MONTH

\$500 to
\$5000

- Paint one room for yoga/meditation space
- Buy 20 yoga mats and resistance bands
- Install bike racks
- Create healthy option line in cafeteria
- Launch walking meeting encouragement program

THIS QUARTER

\$5000 to
\$25000

- Install showers for bike commuters
- Complete vending machine healthy swap
- Cafeteria menu redesign (36 healthy meal options)
- Build outdoor walking path with benches
- Commission art installation (healing environment)

THIS YEAR

\$25000 and
up

- Create dedicated wellness facility on-site
- Implement tobacco-free campus policy
- Complete cafeteria transformation
- Build healing garden with outdoor space
- Offer 10+ daily fitness class options

"Start small, build over time. Quick wins build momentum for bigger changes."

- Lifestyle 180 Implementation Approach

Source: Cleveland Clinic Lifestyle 180 Program • TIME Magazine, June 2009

www.million-pound-challenge.com