



CommonHealth

Weekly Wellnote

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Celebrate Global Employee Health and Fitness Month

Every year in May, Global Employee Health and Fitness Month aims to improve the health of the global workforce. The campaign encourages employers to engage their employees in healthful activities. Employers with wellness programs have healthier employees who are more productive because such programs reduce overall healthcare costs, illness, and injury.

What will you do to initiate wellness? Start a walking group? Host a hydration or fruit & vegetable challenge? Offer a daily stretch break? *CommonHealth is here to help you celebrate! Ask your Regional Wellness Consultant for resources you can put into action easily!*



Plan Ahead for Fall Respiratory Illness Season



Did your group miss the chance to talk about avoiding colds, flu, and COVID-19 this winter? Plan ahead for fall with your CommonHealth Regional Coordinator to bring this important information back into your workplace when people need it most.

Consider scheduling a flu shot event and a hand washing clinic to cut down on germs at work and keep more people well through the end of the year. Be ready to be well!



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MID-WEEK RENEWAL

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A Little Bit Healthier This Week

Try a new hobby that gets you moving! The options are endless--ballroom dancing, martial arts, kayaking, pickleball, rock climbing, archery, and so much more. Sign up for a class to help you learn the basics or find an online guide to follow. You'll have fun and add activity to your day!



As a bonus, you'll also be making strides towards preventing or controlling high blood pressure in honor of Stroke Awareness Month. See the attachment from Sentara for more info on managing blood pressure.

