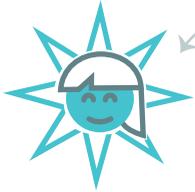


START A MOVEMENT

Why do only 20% of employees join their wellness program? *It doesn't have to be this way.*
Instead of starting yet another program, you can **Start a Movement.**

Here's a snapshot of what we'll cover in Workplace Wellness That Works Lab:



1. SHIFT YOUR MIND-SET FROM EXPERT TO AGENT OF CHANGE

Adopt changemaker traits to spark a movement within your organization.

2. IMAGINE WHAT'S POSSIBLE

Shift the conversation from just physical health to one about well-being and living a life of vitality.

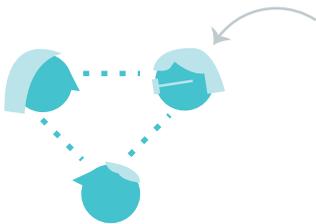


3. UNCOVER THE HIDDEN FACTORS

Examine the larger culture to identify elements that are likely to support your efforts, as well as elements that might undermine your movement.

4. START WITH WHAT'S RIGHT

Build optimism into your movement by applying a strengths-based approach.

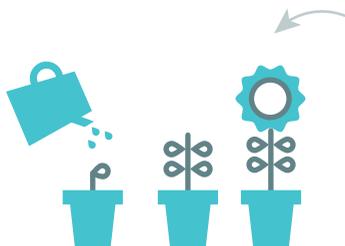


5. TAKE A DA VINCI APPROACH TO CHANGE

To build your movement, you'll need to reach across departmental divides to engage the entire organization.

6. GO STEALTH

Find ways to "sneak" wellness into top-tiered, not necessarily wellness initiatives.



7. CREATE MEANING

Go deep, creating the conditions that make it more likely that individual employees will motivate themselves to engage with their health and well-being.

8. DESIGN NUDGES AND CUES

Change the environment and devise cultural prompts to make health and well-being the "new normal."

9. LAUNCH AND ITERATE

Channel Thomas Edison to foster an experimental, learning-based approach to your movement.



10. GO GLOBAL

Share and leverage best practices across national boundaries. Make your wellness movement an international one!



Laura Putnam, MA, author of **Workplace Wellness That Works** and founder of Motion Infusion, is a former teacher, dancer and now a movement-builder in the world of health and wellness. She has been featured on MSNBC, The New York Times, US News & World Report, Entrepreneur, Business Insider, American Journal of Health Promotion and WELCOA.

WELCOA[★]
WELLNESS WORKS HERE



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