

QUICK TIPS

4 insanely easy ways to get your team moving.

When it comes to group wellness activities, your employees might need a little incentive to get—and stay—moving.

A recent Fitbit Health Solutions survey found that executives recognize the importance of offering wellness program incentives. In fact, 94% of CEOs said they'd be willing to provide incentives to employees who agree to use a fitness tracker.¹ Take a look at these ideas for getting your people pumped.

**Think outside the (gift) box.**

Not spending money gives you the opportunity to be creative. If you work in a formal office setting, offer winners the chance to dress casual for a day. If it's a calmer time of year, consider a half-day Friday as an incentive.

**Add the element of luck.**

To give every person a chance at winning, hold a raffle. Allow employees who reach certain step goals to qualify for raffle tickets for a larger prize.

**Offer helpful hints.**

If your challenge lasts longer than a month, take proactive steps to help team members move more. Block off 15 minutes on the calendar for a group walk. Or let employees know which gyms are within a 3-mile radius of the office.

**Help them brag.**

Company-wide recognition, trophies or certificates of achievement can go a long way. Create your own "leaderboard" on a simple whiteboard and update it weekly with the top 5 steppers.

Want to enable your company to take steps toward better health?

Learn how Fitbit Health Solutions can help by visiting www.healthsolutions.fitbit.com.