

THE WELLNESS BLUEPRINT

APRIL 2026



The Pet Effect on Stress

Did you know that managing your stress could be as important for your long-term health as your diet, exercise, and sleep habits? While short-term stress can be a motivator, chronic stress is harmful.

When you think of relief, perhaps you think of taking a walk, doing some breathing exercises, or using a meditation app. But how often do you think of your pets? [Learn more about pets' effect on stress.](#)

5 WAYS TO MAKE YOUR WELL-BEING PROGRAM MORE FUN!

- 1 **Make it social.** Everything is more fun with a friend! Challenges are a great way to bring teams together as well as on-site and virtual health fairs.
- 2 **Offer variety.** They say variety is the spice of life- it's certainly a key ingredient for any well-being program. Not every program will resonate with every employee, and that's ok. Offer a variety of topics and modalities to meet everyone's needs.
- 3 **Use rewards.** Gift cards, coffee, and small prizes go a long way to drive engagement, motivation, and friendly competition.
- 4 **Make it a hands-on experience.** The more senses we involve in learning, the more we retain, and the more fun we have! Bring this to your well-being program with cooking demos, fitness classes, or even chair or hand massage.
- 5 **Head the room.** Ask employees what types of programming they think is most fun! Track participation across initiatives and look for trends.



Inspiration Corner

An effective employee well-being program should do more than check a box. It needs to be something employees actually want to participate in. Adding fun to your well-being initiatives can increase engagement, boost morale, and help build a positive workplace culture. [This infographic highlights simple, creative ways to make your employee well-being program more fun and engaging for everyone!](#)

Looking Ahead to June & July

Celebrate summer with Men's Health Month in June, then head to Camp Well-being for sampling of fun-forward programs in July.

JUNE: MEN'S HEALTH MONTH

Healthier men, healthier workplaces.

- *Well-being Class:* Men's Guide to Optimal Health
- *Well-being Class:* Inflammation Busters: The Key to Disease Prevention
- *Cooking Class:* Taco Time in No Time
- *Fitness Class:* Strength Training*
- *Challenge:* 30-Day Healthy Eating Challenge

JULY: CAMP WELL-BEING

Focus on fun and trying new things with a grown-up take on a summer tradition!

- *Well-being Class:* Nurtured by Nature
- *Well-being Class:* Mindfulness-based Art
- *Cooking Class:* Make-ahead Snacks
- *Fitness Class:* HIIT*
- *Challenge:* 30-Day Fitness Challenge

*Available as an on-demand video only.