Websites for activity and planning ideas

<http://healthyworkplacemonth.ca/en/healthy-activity-ideas> - Healthy workplace month is in October, but you can use these ideas throughout the year

<https://workplaces.healthier.qld.gov.au/public-resources/> - this website, from the Queensland Government, contains everything you need to start a workplace wellness program. Even includes templates for wellness policies, employee needs assessments etc.

<http://www.corporatewellnessmagazine.com/worksite-wellness/workplace-wellness-challenges/> - this article provides a list of possible challenges that you can try in your workplace. Great ideas!

<https://www.sharecare.com/static/realage-test> - The RealAge Test assesses your eating, exercise, and sleep habits, along with family health history, behaviors, and existing conditions.

<https://www.wellnessfits.ca/program-modules> - the wellness fits program modules. Great information on 7 different modules, as well as templates for activities and links to further resources.

<http://workplacewellnessonline.ca/>

<http://www.ccohs.ca/oshanswers/psychosocial/sample_wellness.html>

<http://www.ccohs.ca/oshanswers/psychosocial/> - a comprehensive resource which included employee interest surveys, steps for starting a workplace wellness program

<https://www.workplacestrategiesformentalhealth.com/>

[www.mindwellu.com/challenge](http://www.mindwellu.com/challenge) - Information about the 30 day Mindfulness Challenge

<http://www.addictionresearchchair.ca/creating-knowledge/national/honouring-our-strengths-culture-as-intervention/> - Indigenous Wellness Framework resources (scroll down)