

alive

WORKPLACE
WELLNESS

20 25 TOOLKIT



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Our Goal

In 2025, our goal is to inspire more people than ever to fall in love with healthy living. The past few years have reinforced the importance of supporting immune health and managing stress. Join us in inspiring your team to reclaim control over their well-being—to make time for that virtual yoga class, to keep baking new things, to prioritize great sleep, and so much more!



WHAT IS IT?
It's your go-to solution for creating a culture of health in the workplace:

- Save time
- Enroll quickly
- Deliver with ease
- Engage with your employees
- Add more, when you're ready



WHY IS IT IMPORTANT?
Preventive care is the most cost-effective strategy for both your business and employees:

- Inspire employee well-being
- Show organizational support
- Drive improved productivity
- Reduce high absenteeism
- Improve staff retention



How much more likely employees are to be more engaged when wellness is a workplace priority.



Employees engaged in company wellness programs who agree the program improves productivity and reduces absenteeism.

How Does It Work?

Tips to bring practical, simple, and affordable results with alive Workplace Wellness:

- Influence positive change in employee personal health and well-being.
- Engage employees right where they work—on desktop, tablet, or smartphone.

**Workplace wellness has
never been more important.
We make it easy for you!**

EVERY MONTH - YOU RECEIVE THE FOLLOWING:

Foundational plan

- Branded website & monthly newsletter
- Take 5 PDF
- Digital wellness hub
- Monthly engagement email
- Annual employee wellness survey

Premium plan

Includes the “Foundational Plan” PLUS:

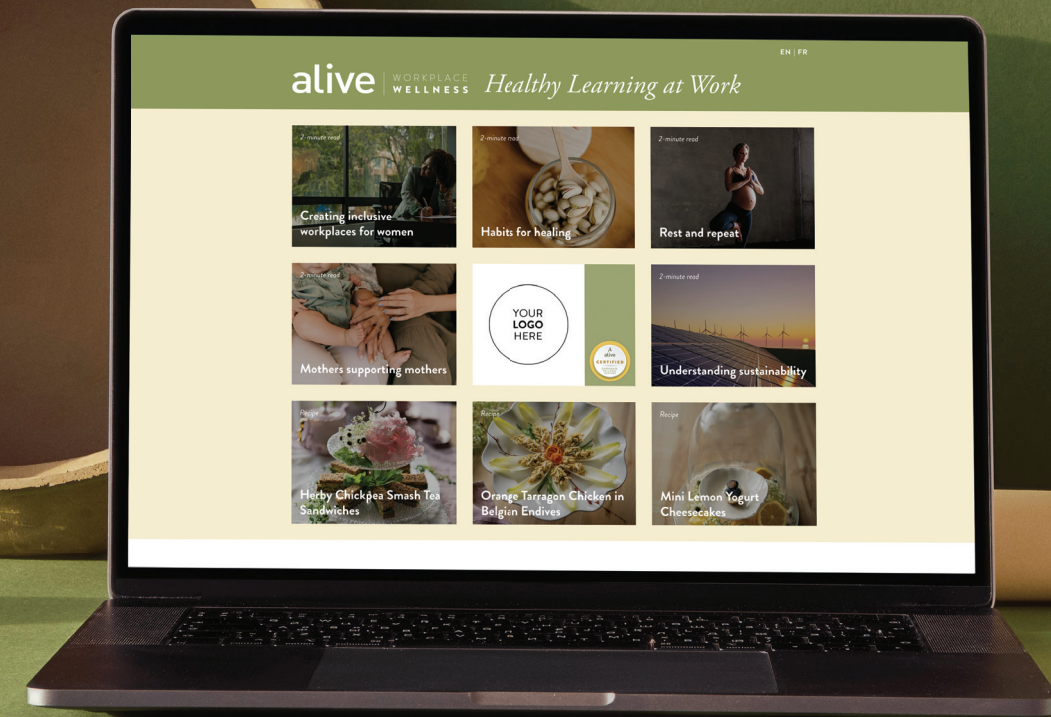
- Bi-monthly wellness webinars
- 100 branded *alive* magazines
- Personalized wellness suggestion report

27%

The amount of
sick leave a targeted
workplace wellness
program can cut.

33%

The amount of
compensation claims a
workplace wellness program
can help reduce.



Engage

ENGAGEMENT LEADS TO HIGH PERFORMANCE AND RETENTION OF EMPLOYEES

alive Workplace Wellness helps to integrate wellness into your company culture to improve employee health and well-being.

TIPS:

Promote each new issue

When making a new issue of alive Workplace Wellness available to your staff, take the opportunity to promote the healthy message through email, online, or with notices in lunchrooms and employee lounges.

Support a culture of health

Culture starts at the top! Have your management team and senior staff get on board with workplace wellness. Encourage them to engage their colleagues to read each new issue of alive Workplace Wellness.

Go where the energy is!

Ensure employees are energized and thriving. Encourage your top performers to participate in workplace wellness. They will in turn engage those around them.



Involve

GET CREATIVE WITH ENGAGEMENT

Here are a few ideas to help spark interest in alive Workplace Wellness. Use what you feel would resonate with your team and leave what won't. Adapt these suggestions in a way that works best for your workplace culture.



Form a wellness committee of interested staff to champion healthy initiatives within your organization.



Tie in existing events and activities with alive Workplace Wellness themes found on upcoming pages.



Encourage staff to share alive Workplace Wellness with family, friends, and colleagues to better solidify the corporate goal of workplace wellness.



Ask for email feedback on each issue—perhaps with a chance to win a prize for responding.



Follow up and share feedback or prize winners with staff.



Tie in employee health with your corporate mission, brand, or philosophy to further solidify your culture of health.



Be vocal! Explain to staff how the distribution of alive Workplace Wellness is connected to your company's overall health and benefits strategy.



Consider some of the other engaging alive Workplace Wellness product options to increase employee engagement in health and wellness.

Prepare

Here's a look at the alive Workplace Wellness monthly focuses to help you plan your healthy initiatives.

Use upcoming focuses to better engage staff with healthy initiatives that promote a culture of workplace health and individual well-being.



MAY - Women's Health:

Women perform countless essential roles, from workers to caregivers to community members. In May, we celebrate strong and inspiring women by focusing on women's health.

LOOK FOR ARTICLES ON:
the benefits of yoga, mothers supporting mothers, and women in workplace

JUNE - Men's Health:

Men tend to seek medical care less often than women. This month, we're focusing on men's health, providing empowering tips to help men take control of their health.

LOOK FOR ARTICLES ON:
workout ideas for busy schedules, healthy conflict, and the benefits of in-person connections among men

JULY - Pain/Inflammation:

Pain and inflammation affect us all in some way. This month, we're exploring how to live well while managing these common challenges.

LOOK FOR ARTICLES ON:
breathwork and meditation, replacing microplastics, emotional freedom techniques, and the impact of forever chemicals on bone health

AUGUST - Children's Health:

The hectic back-to-school season is just around the corner for busy employees with children. This month, we offer support with helpful content about children's health.

LOOK FOR ARTICLES ON:
back-to-school guide, early development through play, letting kids quit, and preparing against the flu

SEPTEMBER - Cold, Flu & Virus:

Cold and flu season can lead to workplace illness and employee absenteeism. We're welcoming fall by tackling viruses head-on.

LOOK FOR ARTICLES ON:
fortifying your immune system, the science of sore throats, and the autumn equinox

OCTOBER - Brain Health:

Spanning everything from mental wellness to cognition, brain health is a fascinating and important topic. This month, it's time to think about our brains!

LOOK FOR ARTICLES ON:
your brain on exercise, understanding imposter syndrome, and coping with seasonal affective disorder

NOVEMBER - Digestive Health:

A reminder that wellness starts from the inside out, discover how taking care of your digestive health can boost your overall well-being.

LOOK FOR ARTICLES ON:
the benefits of walking, the importance of gratitude, managing food allergies, and a close look at macros and micros

DECEMBER - De-stressing:

As the year comes to a close, we make time for reflection, prioritize stress reduction, and look ahead to 2026.

LOOK FOR ARTICLES ON:
stress deconstructed, holistic happiness, and the power of self-discipline and self-love



Act Now

ENSURE YOUR EMPLOYEES ARE ENGAGED AND THRIVING WITH CREATIVE ACTION IN THE WORKPLACE

This 2025 calendar shows you opportunities to ensure the ongoing engagement of your workforce. Planning activities for your team based on this calendar can help foster connection, provide inspiration, and promote wellness in an actionable, fun way.

HERE'S HOW IT WORKS:

For each month, we're focusing on one overarching goal: to help make your employees' years healthier and happier! Every issue will include an employee wellness challenge that your workplace can all participate in together! For example, promote our stretch challenge in July or our sugar-swap challenge in November. Have your team track their progress with our downloadable challenge trackers!

Coming in 2025

MAY

- Organize your workspace
- Try our “8x8 Hydration” Challenge!
- Celebrate International Day of Families (May 15)
- Fight fatigue with iron

JUNE

- Incorporate exercises for bone health
- Try our “Let’s Get Walking” Challenge
- Celebrate Fresh Veggies Day (June 16)
- Promote heart health with CoQ10

JULY

- Integrate anti-inflammatory foods
- Try our “Week-long Stretch” Challenge
- Celebrate International Day of Friendship (July 30)
- Tackle inflammation with turmeric

AUGUST

- Unplug from screens to reduce stress
- Try our “Mini-Workout” Challenge
- Celebrate International Youth Day (August 12)
- Incorporate calcium for oral health

SEPTEMBER

- Prevent spreading germs
- Try our “Eat the Rainbow” Challenge
- Celebrate World Gratitude Day (September 21)
- Boost your immunity with elderberry

OCTOBER

- Meditate to reduce stress
- Try our “Read-a-thon” Challenge
- Celebrate World Mental Health Day (October 10)
- Promote mental clarity with GABA and L-theanine

NOVEMBER

- Eat smaller, more frequent meals
- Try our “Swap the Sugar” Challenge
- Celebrate World Kindness Day (November 13)
- Restore good gut bacteria with probiotics

DECEMBER

- Prioritize sleep
- Try our “5-Minute Reset” Challenge
- Celebrate Make a Gift Day (December 3)
- Lower your stress with ashwagandha



How Else Can We Help?

**alive Workplace Wellness is your partner in employee well-being.
We're here to help.**

Alive Publishing Group has 50 years of expertise providing actionable, preventive health information to readers around the globe. We can offer layers of awareness and additional support to your workplace wellness program with these tools.

alive magazine

Monthly print publication focused on natural ways to live life well

alive Listens

Direct-from-consumer insights from our community of health enthusiasts

LET'S WORK TOGETHER

Call us any time to discuss your specific needs and to explore more solutions to fit your business and employee challenges.

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