



Let's focus on fuel!



April

Monthly Challenges:

- Make it a healthy habits month and encourage team members to adopt healthy eating habits.
- Hold a nutrition workshop or lunch and learn talking about eating for energy.
- Reduce caffeine intake this month and try a herbal tea instead.

Links:

- [Download recipe cards here](#)
- [How to make your takeaway healthier](#)

Weekly Challenges

- Encourage everyone to bring their own lunch from home every day this week. See these [recipes](#) for ideas.
- Ask everyone to bring a favourite healthy recipe from home and share it around with their team and colleagues. You can also use the recipes from the **WellHub**.
- Aim for at least one serve of vegetables with every meal this week.
- Take your team outdoors for lunch and leave the phones behind for mindful eating.

WellHub Articles:

- [Sneaky ways to eat and love veggies](#)



Support The Wellbeing Calendar

- Get involved in **World Health Day - 7th**, by encouraging an improvement of global health with a fundraiser and healthy food spread.
- Take advantage of what can be done in house with a re-vamp of your office food offerings. e.g. vending machines, kitchen staples, fruit boxes and more.
- Role model behaviours by adopting healthy habits and encouraging those around you to do the same.

WellHub Articles:

- [Breakfast on the go](#)
- [Healthy vending machine swaps](#)

WorkScore Wednesday Talking Points

- What can you do as a team to raise awareness for global health?
- Which foods do you love that make you feel good?
- Don't stop- swap. Encourage snacks to be swapped.
- Provide support for those who want to make healthy changes, discuss challenges and obstacles and ways to overcome these.

WellHub Articles:

- [Fight the snack](#)
- [Simple swaps for a healthier you](#)

[See More WorkScore Solutions](#)

Create a culture of Wellness with WorkScore