



Most Popular Workplace Wellbeing Activities 2015 & 2016

Activity	2015	2016
Healthy eating initiatives	No. 1	No. 2
Health Screening	No. 2	No. 5
(Lunchtime) walks	No. 3	No. 1
Fruit bowls	No. 4	No. 3
Mindfulness/yoga	No. 5	No. 4
Promotion of bike to work scheme	No. 6	No. 7
Smoothies	No. 7	No.10
Promotion of nearest gym membership	No. 8	No. 19
Training for a 5K run	No. 9	No. 20
Pedometer challenges	No. 10	No. 11