Sample Letter to Encourage Changes to Improve

Worksite Wellness

Dear [name],

I appreciate what you and the wellness director have been doing to try to make all of us employees think twice about our health and wellness and to begin moving in a healthy direction. It not only helps make us happier and healthier, but it’s also good for retention.

One habit that a number of my coworkers and I have is that we tend to eat at our desks. Although I’d like to think it’s because we’re super hard, dedicated workers, it probably also has something to do with the lack of more attractive options, such as brown-bag lunch presentations, outings, or team lunches, and that the break room could use a serious makeover for those of us who bring our lunches. Also, the cafeteria could make a lot of changes—rearranging foods and promoting healthy convenience combo-lunches, and so forth—that could make it more money and would make us healthier.

The reason I mention this is there are a lot of easy changes that you and the company’s health and wellness director might do to make it easier for us to start improving our health—beginning here at work. Ideas such as a multi-activity wellness plan or a Health Conduct Code would be great ways to start. The book *Slim by Design* offers many other ways you could profitably make it easier for the company to help us become healthier. You can also find a lot of these ideas at the website SlimByDesign.org.

Thanks for taking the time to consider how you could make small changes to help make us healthier and happier. I look forward to visiting you again soon. Let me know if you would like to discuss this further, and let me know how I can help you.

Sincerely,