

Upper Explorerland Regional Planning Commission Wellness Initiatives

The Upper Explorerland Regional Planning Commission (UERPC), an Economic Development District serving five counties in Northeast Iowa, has created a highly successful health and wellness program focused on enhancing the mental, physical, financial, and social well-being of its staff. The components of this program include:



- **Add an extra 15 minutes to your morning/lunch/afternoon break if doing physical activity**
 - Treadmill and exercise bike available onsite for staff use
- **100 Point Wellness Challenge**
 - Achieve at least 100 points throughout the year and receive \$100 (less taxes) in December
- **Water Drinking Challenge**
 - Set a water intake for the month
- **Make Your Streak Challenge**
 - Pick your own wellness goal to work on over the month (daily flossing, cutting pop, daily movement, more sleep, etc)
- **Kindness Challenge**
 - Bingo sheet with random acts of kindness for the month
- **Thanksgiving to New Years Hold for the Holidays Challenge**
 - Encourage more mindful choices during the holidays
- **Walking Challenge**
 - Goal to walk daily/3x per week/etc over the course of the month
- **Sleep and Relaxation Challenge**
 - Set a goal for the month
- **Gratitude Challenge**
 - Bingo sheet with gratitude actions
- **Mindful Bingo**
 - Prioritizing mental health
- **Summer Movement Challenge**
 - 22 minutes a day for at least 22 days out of the month
- **Spread the Love Challenge**
 - Spread love and kindness however you choose at least 14 times over the course of February
 - Have staff write down something they appreciate about each coworker on a cut-out heart and tape them to everyone's office doors
- **Earth Month Challenge**
 - Bingo sheet with earth-friendly actions
 - Trash pick-up around the office/community
- **Onsite Biometric screening**
 - Bloodwork, blood pressure, etc., paid for by UERPC
- **Wellness Bingo**
 - Wide range of wellness actions to cross off during the month, including physical activity/sleep/cut down on waste/gratitude/food journal/screen-free night/make a meal at home/pick your own challenge

Other Activities & Opportunities

- Team Scavenger Hunt around town
- Staff cooking class
- Staff Yoga
- Walking meetings
- Staff seeding/planting
- Wellness Hikes - on local trails in the community
- Staff puzzles and coloring pages for mental well-being and downtime
- New Year's Intentions for financial, mental, physical and social health
- Budget setting and tracking
- Offsite excursions for staff such as wellness center visits and state park
- Estate planning and financial planning learning sessions

To learn more creative ways about how Economic Development Districts can attract, retain, and nurture staff, [click here](#).