



OFFICE DANCE PARTIES

WHAT IS OFFICE DANCE PARTIES?

It's a dance party in your office! Employees are invited to get up, get their blood flowing and blow off some steam. Dancing reduces stress. When it's all over, your employees will be more relaxed and ready to tackle their to-do list. It increases blood flow to the brain, improving cognitive skills. Exercising releases endorphins. When you're dancing, your brain is working overtime and it's also stimulated by music!

ACTION PLAN:

STEP 1

Discuss - Talk about the importance of physical activity with your employees and introduce the idea of an office dance party

STEP 2

Make a playlist - Choose five to ten tunes that everyone will love. Tell your coworkers you're taking requests!

STEP 3

Schedule - Set a date and time. Dance Parties can be weekly or monthly. Remember to send a calendar invite!

STEP 4

Set-Up - This is as simple as moving a few desks out of the way and making sure you have your speakers up and running. Then, you're ready to go!

STEP 5

Execute - Get the party started and have a blast with your coworkers! Offer small prizes to encourage people to get out on the floor. The groove deemed the crowd favorite wins!

TAKE REQUESTS

Give teams or individual employees the opportunity to participate by suggesting music for the next party

THEMES

Introduce some interaction by stringing together three songs with a common theme. The person who guesses the theme wins a prize!

HAVE A HEALTHY SNACK

Visit the Healthy For Good webpage to come up with a few healthy snacks to offer to the dancers.

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