



SCAVENGER HUNT

WHAT IS SCAVENGER HUNT?

Healthy Scavenger Hunt is designated time for employees to take a breather from their to-do lists and get in a little physical activity while learning some new healthy habits. They'll return to work refreshed and ready to take on the next task at work and for their hearts. Engaging your employees in a playful activity can lead to more creative problem solving. Participants are generally more productive, because they approach tasks with more energy and focus

ACTION PLAN:

STEP 1

Discuss - Have a conversation with your employees about the importance of healthy habits and physical activity. Introduce Healthy Scavenger Hunts as a time to take a break and have some fun with coworkers.

STEP 2

Plan - Come up with ideas for items or activities that can be done in your workplace. Suggest that each department submit an item for the hunt.

STEP 3

Schedule - Set a date and time. Scavenger Hunts can be weekly, monthly and last anywhere from an hour or a full day. Remember to send a calendar invite!

STEP 4

Execute - Get out there and enjoy your Healthy Scavenger Hunt!

DETERMINE TIME & TEAMS

You can make this a day long hunt or make it a month long activity releasing a new clue each day. Change each weeks focus areas (nutrition, + color, activity, well being.) You can also make this an individual challenge or do as departmental challenge.

DON'T LIMIT YOURSELF

Employees can search for items such as healthy or unhealthy snacks, search for employee with healthy tracking device, employees with colored pencils, etc. You can also make this activity oriented such as search the stairwells for the answer to a riddle, how many steps does it take to get from point A to B, etc.

UTILIZE RIDDLES

Visit the Healthy For Good webpage to come up with ideas to create riddles and educate your employees on being heart healthy while they search for items.

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