FUNDRAISER IDEAS TO ENGAGE YOUR TEAM YEAR-ROUND

**GROWN-UP RECESS:** Re-energize and re-focus with some office playtime!

Grown-Up Recess is designated time for employees to take a breather from their to-do lists and get in a little physical activity. They’ll return to work refreshed and ready to take on the next task.

**HEART HAPPY HOUR:** Everyone has heard since kindergarten to “eat more fruits and vegetables.” Make it fun, engaging and fresh by hosting a Heart Happy Hour!

It’s a fun event that you can enjoy with friends and co-workers. It’s not just “grab an apple,” but instead an apple-pineapple-kale juice shot or a superfoods smoothie. We all know what it’s like to hit that wall at 3 p.m. when your blood sugar drops. And we all know the temptation to grab a soda or doughnut from the lunch room for an energy boost. Instead, reach for a juice shot, some carrots and a piece of fruit. You’ll get the boost you need and be healthier for it.

**OFFICE DANCE PARTY FUNDRAISER:** Turn up the tunes and bust a move!

What is a corporate dance party? Employees are invited to get up, get their blood flowing, blow off some steam and raise money for the American Heart Association!

**HEALTHY SCAVENGER HUNT:** A fun, hide-and-seek for your body and mind!

Get moving while identifying the healthy and unhealthy habits of your workplace!

**SNACK “EX”CHANGE:** Re-energize by “ex”changing your snacks!

Snack ’Ex’Change is an opportunity for employees to change their snack habits by exchanging that unhealthy snack or beverage they brought with them for a healthier option. They’ll return to work re-energized and ready to take on the next task.

Ask your Heart Walk representative for ideas on how to implement!