Keep In Mind

**Things to Consider**

- Emphasize activities relating to all four pillars:
  
  ![Wellness Pillars](image)

- Before beginning any individual activity/competition, you should contact your site Administrator for approval

- All activities relating to the Employee Wellness Program must adhere to FCS Policies

- Participation in activities/competitions should always be voluntary

- You should never publicly post personal information or share information using your personal social media accounts/and outlets

- Always be aware of and promote safety precautions for participants to avoid worksite injuries

- From a Financial Perspective - Any activity involving money must adhere to the Student Activity Fund Procedures

*More detailed guidelines to come*