Keep In Mind

Things to Consider

✓ Emphasize activities relating to all four pillars:

![Image of four icons: Physical Wellness, Nutritional Wellness, Mental Wellness, Financial Wellness]

✓ 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