



STAFF WOW

Physical Health = Spiritual Health

Overview

Exercise increases your overall health and your sense of well-being, which puts more pep in your step every day. But exercise also has some direct stress-busting benefits. It pumps up your endorphins which causes you to feel better. We all know that working at Adult & Teen Challenge can be challenging and cause a lot of stress. Training your body is also Biblical. We have been called to treat our bodies like a temple. The truth is, when you care for your physical health, your spiritual health improves as well.

Preparing for the Moment

It starts with being a good example of health and wellness to your staff. This focus will serve as an encouragement to those around you to eat healthier and exercise more.

Budget

\$15-\$60 per month, per employee. Encouraging healthy eating and exercise doesn't have to cost anything but this is a great way to raise your level of hospitality toward staff. Offering to get them started with a gym membership will not only bring encouragement but boosts spiritual health and production at work.

Potential Partners

There may be a local gym that would love to partner with a non-profit. Also, depending on the size of your organization and the level of participation within, you may be able to negotiate a group discount for your organization that you can pass along to employees and their families.

Execution

Many churches and organizations offer this perk after 90 days of employment. This may be something your organization can do or you could offer it to a select group of employees at a particular level of leadership.