



Recess Newsletter April 2011

(F)unconventionality--Recess gets down and dirty.

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Wellness 101: The awesomeness continues

Yoga made simple-winning!

Get out, get dirty.

Daily Dose of ADD



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Wellness 101

The third in a step by step guide to awesomesauce wellness.

Remember our infographic? The awesomesauce one? Steve, could we get another shot of the infographic, please? Thanks, Steve.

Infographic: Awesomesauce Wellness



Click image to see the full infographic.

This month, we are going to learn what to do by talking about what *not* to do.

Making a wellness program fun and relevant.

When someone says "wellness" and "fun" in the same sentence, what comes to mind for you? Oh, oh, I know! An online health risk assessment! Brochures from the insurance company with the stunning insight that smoking is not healthy? A biometrics screening? Whoo, sounds like a party!

Just Reading It.

LiveWire on OPB (.mp3)

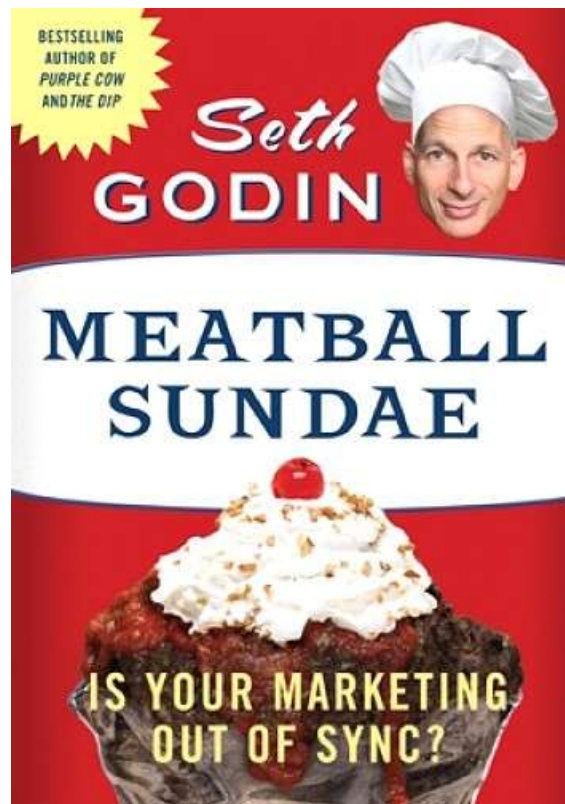
No Place Like Work. Recess Client Rose City Mortgage in Oregon Business.

Fun Wellness: Recess Client Bullivant Houser Bailey in Oregon Business Magazine

Portland Business Journal: Smoking Cessation

While these things may be useful, nobody would ever accuse an anti-smoking pamphlet of being fun. If wellness is going to produce any return on investment in most cases experts say [it will require more than half of the eligible workforce participate](#) over at least a three year period. [80% of programs in the USA half less than half of the workforce participating](#). One element of that epic wellness fail is undoubtedly the tendency for companies to emphasize relevance while giving zero credence to what the human beings they expect to participate in such programs find enjoyable.

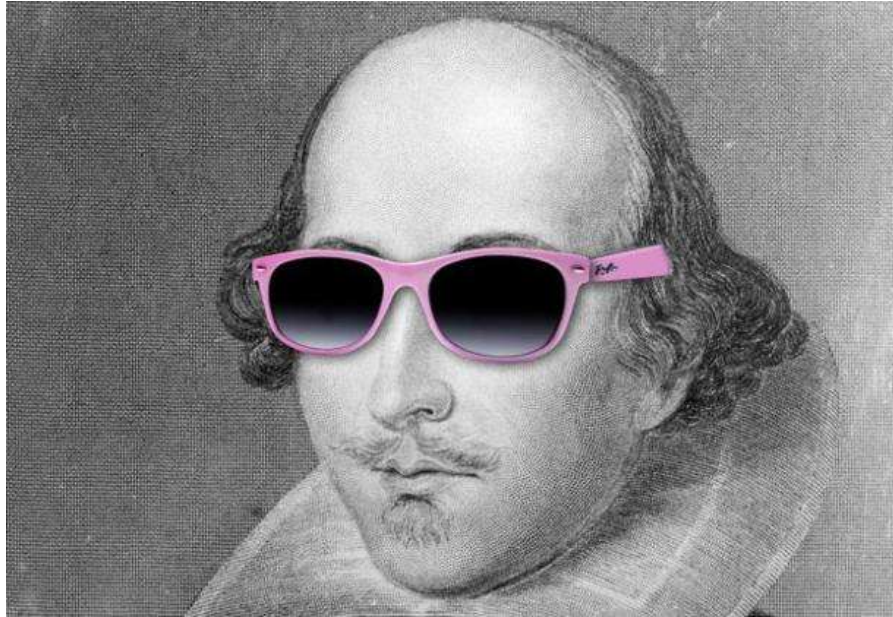
If the program is a drag, and it doesn't matter how much you throw at people in incentives, there is only so long they can stand to chow down on a meatball sundae.



For a wellness program to be effective, it should be fun *and* relevant. Contrary to popular belief they do not have to be mutually exclusive.

Let's take meetings.

Are they relevant? Theoretically, yes. Fun? About as much as being on a roller coaster with a hangover. We've all been to meetings that generated more frustration than ideas. Ever wondered why? Perhaps the double "L" combo of length and location is at fault. Long meetings=fizzle. "Brevity is the soul of wit"-even Shakespeare suffered from boring meeting syndrome.



Shades-pere.

This is certainly true of the typical wellness team meeting. [Just ask our man Brad.](#)

How about you? What do you think could spice things up in the 'ol conference room? Sometimes the best part of the day is walking out the door of work...why not do it twice?

A lackluster meeting can simply be a matter of where it's held. It's hard to feel inspired in a stuffy room. Something as simple as a change in location, no that doesn't mean just moving into Conference Room B, can breathe new life into an otherwise humdrum meeting. Weather and logistics permitting, why not hold a walking meeting or take your group outdoors?

Getting outside can be truly empowering.



Inspired!

Family-relevant and fun.

How fun is a company sponsored "fun run" if you're doing it in your spare time, with colleagues who've been getting more face time with you than your own kids? What about if your loved ones were there to share the joy?

Watching any number of TV shows would lead a casual observer to believe that life outside of work did not exist. However, those of us not starring in our own personal crime drama often have people in our lives other than our work colleagues.

[Studies show](#) that socializing is crucial to health and well being. Making smart use of our finite time and including our loved ones in work-related recreation is a no-brainer. And since companies often foot the insurance bill for employees and their families, having a company fun run is a great idea...including spouses and kids makes it an even better one.



The folks at Law and Order could use a little more fun with their relevance.

How about making *fun...relevant?*

The company picnic is thought of as an excuse to relax, which in and of itself is a key component of the whole state of well. However, relaxing sometimes means different things to different people.



Shown here: Marge a little too relaxed at the company picnic.

Not pictured: Homer getting fired.

Turning a company picnic into a health fair adds relevance.

A company health fair on its own can be a bit light on effective content. So, too, is a boring 'ol company picnic. But if you feel like you have to do both then why not combine them? There could be healthy games, new kinds of yummy food, like, quinoa, and cashew cream, and prizes, and tasty juices, and...ahem. We lost our composure a little in all of the excitement. Cashew cream? Eeee. Sorry.

Seriously though, your whole fam damily (because of course they'd be there!) might even learn a thing or two. Plus once your wife finds out that your company offers Weight Watchers at Work you know she'll sign you up for that faster than you can say "Honey, do you think this bowling short makes me look fat?" And what better for shifting your diet-starts-tomorrow mentality than a little added motivation from the missus? You can thank us later, hot stuff.

We know. [So-lid gold!](#)

Le totalité de la bonne vie, mais oui?

A yoga mat as a prize? Now that's winning!

Those of you who forwarded our email last month are secretly hoping that no one does it again this month. Listen, we know it is a cool prize but yoga is all about letting go, you dig? Let the energy flow from your fingers as you release the electrons that make up this newsletter and share them with the world. It will all come back to you. We swear.

Because we know that you love Recess and you love yoga we will be giving away a fabulous yoga mat, yoga block, water bottle and yoga tote bag.



We're all for impact but our bag has a Recess logo.
Just scroll to the bottom of this email and click:

"This is hilarious. I must forward"

Doing so anytime between now and June 24th, 2011 means you will be entered to win. Good luck!

Think outside.

Sometimes, it is okay to be a little dirty at work .

Employees with access to a garden at work [claim to be happier](#) and more productive. [Since studies](#) back up the claim that happiness increases productivity, swapping out the business casual for a dirty pair of overalls might not be such muddy reasoning.

Do you work at a company without space for an actual garden? Try an indoor mini-plot. Tomatoes and beans could replace those dusty fake plants. Great idea! Up top!



No, really, get up top...to the roof.

Could an unused plot with the potential to produce food or flowers for the office be a good way for people to get out of their rut, relax and think up the next big breakthrough idea? Could be. At the very least you'll be riding the urban agriculture [wave of the future](#).

Fun-conventionality!!! Breaking the enjoyment mold.

When you think of playing, what comes to mind? On-line poker? In-person poker? Is that fun? Sure, if you win, but is it relevant to any sort of fitness? No? Shoot.

Playing just for the sake of play is purpose-less playing-in other words, kid's stuff. But fear not! You are a Recess newsletter subscriber, and we have some suggestions that will have playtime come a tumblin' back into your life.

Remember kick-the-can? Barely? Kick-the-can involves a lot of running, hiding, and laughing, (okay, a few other [rules](#), too). So what if a game is for kids? Why leave the youthful exuberance to the 10 and under set? Play with the kids or with some of your fellow grown-ups..it's okay to even laugh a little at yourselves in the process. Even that's [good for you](#).

Can't stop reading? We understand. Keep indulging your funny bone over at our blog--->

Wellness. That Doesn't Suck.

We fix [wellness programs that suck](#). It's really that simple.

Did your CFO hire his best buddy from college to start a [cheesy exercise program](#) that only the already healthy attend? Did everyone get excited about the Biggest Loser competition at work only to have a [smoker who takes diet pills win](#)?

Recess can help. We don't just care about tools that look good, but no one uses. We guarantee at least half of your company's employees will catch the wellness bug.

Call us toll-free at 1-866-578-7118, or, [Request a Quote](#).

This is hilarious. I must forward: