

Washington Wellness Webinar: Resources

Closing the Engagement Gap: Practices for Increasing Wellness Participation

Aligned and Committed Leadership

- [Capturing leadership support](#)

Wellness Program Participation

- [How to Get Maximum Wellness Program Participation in 2022 \(wellsteps.com\)](#)
- [The 3 Keys to Wellness Program Participation \(wellright.com\)](#)
- [Wellness Program Participation Rates | BetterYou](#)
- [Closing the engagement gap – physical activity](#)

Physical Activity

- [Exercise as a Prescription for your Health](#)
- [Creating a culture of movement at work](#)
- [Physical Activity for People with Disability](#)
- [Physical Activity for Arthritis](#)
- [Get Active! | Diabetes](#)
- [Physical Activity Workplace Health Resources Tools](#)

Collect Meaningful Data

- [Collecting-meaningful data to evolve a wellness strategy](#)
- [Needs Interests Survey Template](#)

Move Your Way

- [Move Your Way Community Resources](#)
- [Move Your Way Partner Promotion Toolkit](#)
- [Move Your Way Community Playbook](#)
- [Walk Run Dance What's Your Way?](#)

Workplace Health Promotion

- [Workplace Health Promotion | CDC](#)
- [Resources | Workplace Health Promotion | CDC](#)
- [Worksite wellness resource guide/Toolkits](#)
- [Wellness/employee-wellness-materials](#)
- [Total wellness health resources](#)

Studies

- [What do Workplace Wellness Programs do? Evidence from the Illinois Workplace Wellness Study](#)
- [Eliza Corp. Survey Reveals What's Really Impacting Our National Health, Happiness & Productivity](#)
- [From Evidence to Practice: Workplace Wellness that Works](#)
- [21 Employee Wellness Statistics \[2022\]](#)
- [Workplace Wellness Programs RAND 2015](#)