

Organization and country: Bulgaria Training, Bulgaria

Name of the activity: Healthy Fair

Overview (What I am going to learn?): Healthy tips on healthy lifestyle, how to take good care of myself at work and outside working hours, free check ups, healthy recipes.

Objective (What am I going to learn it for?): To lead a healthy lifestyle, to feel and look better and be more productive at work.

Materials: Informational materials, some furniture – tables, desks, chairs, samples of nutritional products. It can be organised in the office or outside, even outdoors would be great.

Time: It can be organized throughout a certain day, once per year

Target group: All employees

Instructions for facilitators

Get in touch with health practitioners and nutritionists in your area, tell them about the initiative and invite them to participate. Collaborate with third parties on production of informative materials to communicate the event to employees. Think about some contest with prizes to motivate more participants to visit the fair. For example, there might be a cooking contest for healthy recipes. At the end, the authors of the best recipes will win a prize and their recipes will be published in a book which will be given out to all employees.

Tasks and procedure:

1. First step is to define the place (indoor, outdoor, F2F, online) and time for the event.

2. Then a research on healthcare practitioners and nutritionists in the area should be done to shortlist who to invite as guest speakers.
3. Make sure to inform all employees in advance about what is coming up, so they can plan their attendance and submit their healthy recipe for participation in the contest.
4. Share the agenda and guest speakers.
5. Send reminders to employees as the date approaches.

Conclusion and evaluation:

This is a nice way to gather together all the employees and engage them into a very important and relevant topic – their health and wellbeing. During the event the employees will be able to get information on how to lead healthier lifestyle, will get some tips and advice from professionals and will have the opportunity to make some valuable check-ups such as body temperature, body mass index, heart rate, etc.

Additionally, there will also be a contest for the best healthy recipes. Employees will have the chance to be creative and show off their best cooking skills, while having fun and winning prizes. After the event all employees will receive a booklet with all healthy recipes, so that they can cook them at home and stay healthy and productive at work.