



5 Great Tips to Link Your Corporate Gym with Your Cafeteria:



By Meg Levesque, CPT - First Fitness Management

Having a cafeteria and a corporate gym on your work campus is a huge plus, but linking them together is even a better! How do you do this you might ask? Below are some great tips in order to team up the two in a fun and healthy way.

1. Having regular brainstorming meetings between the managers of both the gym and cafeteria are huge. Why? Creative juices don't flow unless you sit down and share ideas. Schedule weekly meetings in your calendar and stick to them, even if they are only 15 minutes long.
2. Make sure that both the gym and cafeteria are both on the same page with what healthy really means. It won't do anyone any good if the gym is promoting healthy activities while the cafeteria is serving junk food.
3. Create monthly challenges that link the two services together. For instance, a points system for certain foods in the cafeteria and either classes members attend or check-ins to the gym with a prize at the end of the challenge. Post recipes and exercises that members can also do at home for extra points.
4. Host a member appreciation day at the gym and have the cafeteria supply samples of healthy pre and post workout snacks.
5. Create a fitness & nutrition program packages to sell to those members that are wanting to make a lifestyle change. These packages can include fitness programs from the trainers at the gym and meal prepping and healthy recipes from the cafeteria staff.

Remember, teamwork makes the dream work. Start making your work campus healthy today!

READY TO TAKE THE FIRST STEP?

For a consultation to determine your company's fitness needs, contact:

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