

# Prize Ideas

## Individual prize ideas:

- Water bottle, such as a Hydro Flask
- Water bottles for fruit and herb infusion
- Foam roller or massage balls
- Yoga equipment (mat, block, strap)
- Hiking guidebook
- Reflective vest
- Beanie or hat
- Healthy cookbook
- Herbal neck wrap (microwavable)
- Cooling towel
- Waterproof fit belt that holds smart phone and ID
- Mindfulness journal
- Books about well-being
- Massage gift card
- Skiing or pool pass
- State park pass
- Colored pencils & adult coloring books or sketch pads
- Singing bowl or chime for mediation
- Apps that promote or support well-being
- Emergency kits
- Cooking equipment to encourage healthy home cooking
- Gym or fitness studio pass
- Time with a personal trainer

## Building/department/group prize ideas:

- Healthy catered lunch
- Chair massage
- Healthy snacks for staff rooms
- Team shirts