

APRIL 10, 2015

WELLNESS DAY!

The life of a real estate professional is demanding. At the end of the day, you have taken care of everyone's needs – your clients', your teams', and most importantly, your family's. You are cultivating the Keller Williams philanthropic spirit in your community, helping others, planning fundraisers, and serving on committees and boards.

It is our job, as a Keller Williams family, to take care of one another and ourselves. Wellness Day is observed to mark our concerted efforts to incorporate wellness and fitness into our busy lives. Celebrating wellness together demonstrates the Keller Williams commitment to creating balanced and healthy lifestyles for all of our family members.

On April 10, 2015, join your Keller Williams family as we participate in Wellness Day! Although we may be far apart, we can join together in our international communities for one common goal. And remember: Don't forget to wear red!

kw
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SPREAD THE WORD!

Goals:

- Engage with our KW family on April 10 by dedicating one to two hours for group wellness activities with your office or team.
- Promote health and wellness to Keller Williams team members.
- Build awareness of the importance of an active lifestyle.
- Expose our associates to other areas of wellness, including stress relief and financial health.
- Provide team building opportunities.
- Invite clients to fitness related events.
- Show our communities – and the world – the important aspects of wellness and the unique Keller Williams culture!

Activities to Consider:

- Create a Market Center obstacle course.
- Run a 5K as a team.
- Hold a field day.
- Provide a group yoga, Pilates, or Zumba class.
- Organize a team walking excursion or hike.
- Take a 10 minute break to stretch.
- Consider a paddling adventure – kayak, canoe, stand-up paddle.
- Avoid the elevator and change your meetings to walking meetings.
- Commit to a day of healthy eating and provide healthy choices in your market center.
- Offer financial management or retirement planning classes.
- Provide stress relief or mediation sessions.
- Bring in an ergonomic office specialist or an expert in Feng Shui.

Share your Success!



Take photos and videos of your team during Wellness Day and other wellness events.



Distribute social media messages to invite colleagues and clients to participate and to generate excitement. Use the hashtag, **#kwwellness**.



Invite news stations and other media outlets to capture our wellness efforts.



Keep Wellness Manager Alex Garland informed by emailing her photos and videos to **wellness@kw.com**. You never know when your video or picture will turn your team into the next Keller Williams wellness stars.

For more information visit:
myKW -> Resources -> KW Wellness