

HEALTHFUL TIPS

HEALTH AND FITNESS TIPS FOR YOUR ENTIRE FAMILY

Pass on the cake and serve up some fun!

Office Birthday Celebrations

As you work to shift your focus from food to more meaningful celebrations, try some of these ideas to accompany or replace the traditional birthday cake. You are sure to make the birthday person feel extra special and take the focus off the food.

Create a birthday shirt. Start with a plain white t-shirt and a handful of colorful permanent markers. Ask co-workers to draw pictures, sign their names or write birthday greetings. Have the birthday person wear the shirt for the day.

Create a birthday memory album with pictures, thoughts and the good wishes of co-workers.

Get the camera out and start snapping digital photos. Then create a slideshow of the birthday person and share it on his or her special day.

Create a trivial pursuit for the birthday person. Include questions that help you get to know the person better—how many siblings, birthplace, favorite color, favorite book, dreams and aspirations.

Take a collection and donate to the person's favorite charity. Gather together to learn more about the charity and why it is important to that person.

Rather than all signing a card, get colorful paper cutouts and have co-workers write good wishes, words of appreciation, or favorite poems and post them on the person's workstation.

Decorate the person's workstation or office door with balloons, streamers and signs.

Have a "birthday button" that the birthday person wears all day to announce to everyone that today is his or her special day.



Designate a bulletin board as the Birthday Board and have the birthday person decorate the board with things that are special to him or her—pictures of family members, trips, favorite activities, pictures of him or her through the years. What a great way to get to know the people you work with.

