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Company/Organization: Stonyfield

Type of organization: Business

Number of Employees: 400

Category: Workplace

Challenge or Opportunity: Two challenges - how to bring people together for group fitness activities when you don't have dedicated space to do so, as well as how to motivate employees to get active and stay fit.

Approach or Solution: Our wellness team creates a temporary space by moving furniture/equipment out of a conference room or our very small exercise equipment space and then offers one time classes in various fitness modalities - yoga, Zumba, hula-hooping, balance ball, karate, yoga dance, boxing, even belly dancing! No big commitments, but we get to try something new.

Impact: While we may not be able to offer classes regularly, we can give people a taste of something that they might then be inspired to pursue outside of our workplace at a yoga studio or a gym. One employee who had never tried yoga before found she loved it and now practices regularly at a local studio. It's also great social time and lots of laughs!