

How to support healthy living for your residents

A healthy apartment or condominium community isn't achieved by accident. It takes dedication on the part of residents and property managers alike. If you would like to contribute to the overall well-being of your unit holders, there are numerous ways to do that and to have fun in the process.

Your apartment or condominium complex is the locus of home life, so why not take advantage of that status and provide some entertaining educational events and group wellness activities to encourage your residents to eat better, exercise more, reduce the incidence of illness and injury, and get to know each other as well. Diet, exercise and knowledge are three key pillars of healthy living, and property managers are well positioned to support residents in all three areas.

Field trips that are designed for different groups – children, singles, adult couples, or retired people, for example – can make getting some exercise or learning about something new an entertaining adventure that results in new friends and an improved lifestyle. You might, for instance, consider a children's afternoon at a local library or museum where they learn about bugs or indigenous plants or gardening, or you could try a jaunt for retirees to a local hotel or community center for a discussion on tea harvesting and the benefits of tea, to include a tasting of different varieties. There are dozens of immediately accessible activities, many for free or a very low fee, that you can arrange.

In-house community events are another wonderful resident activity. You might consider teaming up with a local food bank and offering a nutritional class that focuses on a theme, such as weight loss or antioxidants or heart health. The "fee" for admission could be a packaged food item for the food bank, and the class could feature an activity on preparing grab-and-go snacks for your own home. The possibilities are limitless when you combine camaraderie, education and fun! Take a look at one example of an ongoing program [here](#).

Whether you choose to stay on your property or corral participants into a bus for a short field trip, you will want to make sure your insurance is working for you behind the scenes. Some of your activities will be covered by your apartment owners or property managers general liability insurance policy; others might need special event insurance coverage, which insures you for activities not otherwise included in your commercial liability insurance policy.

Happy, healthy residents can improve the overall quality of your apartment complex, reducing property and liability claims of all sorts. Plus, by supporting their well-being, you are enhancing society in general, and that is an achievement you can be proud of!

If you have a successful activities program that you'd like to share, we'd like to hear about it. Tell us what works and how you make it a great experience for all involved. We're all about making apartment and condominium living better nationwide, so join in the conversation and let's do this together!

Posted by **Global Administrator** on 8/4/2015 7:39:29 AM