



Family Health & Fitness Day, June 12



Families have their place in the sun, and June 12 celebrates Family Health & Fitness Day in 2021. On the second Saturday of every June, Family Health & Fitness Day promotes the importance of parks and recreation in keeping communities healthy.

Help your employees and their loved ones be active while practicing safe physical distancing, whether through participating in virtual programs at home or in local parks. The [National Recreation and Park Association](#) provides fun ideas.

Men's Health Week, June 14–20



To honor Men's Health Week—the week leading up to and including Father's Day—encourage the men in your life to get annual checkups. Men's Health Week is designed to raise awareness of preventable health problems and early detection and treatment of disease among men and boys.

Research shows that employees in good health are more likely to give their best performance at work and have a better quality of life.

To motivate the men in your workplace:

[Engage a multigenerational workforce in workplace wellness programs.](#)

- Help men boost their [well-being](#) with quality work relationships. Find champions they can connect with, whether a senior staffer, line manager, or trusted coworker.
 - Feed their appetite for competition with recreational sports teams and indoor or outdoor events.
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Father's Day, June 20



Make a hit on Father's Day, June 20, with your favorite activity. Take a page from the [CDC Worksite Health ScoreCard](#) playbook. For instance, try throwing some veggies on the grill when you're cooking outside. Organize social events for coworkers, family, and friends, like a company picnic or employee sports game.

Enhance your wellness program around June's health observances with CDC workplace health resources:

- [Heart Attack and Stroke website](#)
- [Physical Activity website](#)
- [Planning and Workplace Governance website](#).



**CDC Workplace Health
Resource Center**
Make Wellness Your Business

Centers for Disease Control and Prevention

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