

Encourage a Healthy and Active Workplace

Create a healthy and active workplace to relieve stress, reduce your medical costs and improve your productivity. Try out some of our tips to start the “movement” at your workplace.

1. Take your walking shoes and additional clothes to work, and ask your co-workers to join you for a walk during a break.
2. Use the stairs instead of the elevator.
3. Park in the back of the parking lot and keep track of your steps every day.
4. Ask a co-worker to walk around the building with you while discussing business.
5. Keep healthy snack options in your desk or office.
6. Walk or ride a bike to work.
7. Bring your lunch so you aren't tempted to dine out.
8. Work out during lunch breaks and eat at your desk afterwards.
9. Encourage your workplace to invest in fitness equipment and/or adopt an employee wellness plan.
10. Take a 10 minute walk three times a day to stretch your legs and increase your step count.

I plan to establish a more active and healthy workplace:	Start Date	Completion Date
1.		
2.		
3.		
4.		
5.		