

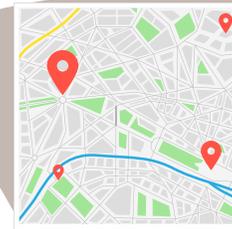
PHYSICAL ACTIVITY

Being physically active is one of the most important actions that people of all ages can take to improve their health and well-being. The evidence is clear – physical activity fosters normal growth and development and can make people feel better, function better, sleep better, and reduce the risk of many chronic diseases.

When employers provide support for employees to be active, employees are more likely to use their breaks during the workday for physical activity, creating a culture that supports health and well-being. Preliminary research suggests that employer support may influence workers' activity during leisure time away from work as well.

MAPPED WALKING ROUTES

- post maps in a visible place
- host a walking route kickoff and encourage senior-level staff to lead a walk
- write employee walk breaks into your policies
- do at least one walking event annually



WALKING/ACTIVE MEETINGS

- walk and talk meetings
- sit for 60 minutes, stand for 3 minutes, repeat
- implement a physical activity break for long meetings
- provide clipboards to promote standing

ACTIVE COMMUTING

- encourage walking and biking to work
- provide bike storage and lockers for active commuters
- subsidize bus passes or employee bike purchase
- participate in a bike to work day/week
- partner with local organizations to provide occasional bike fixing and helmet fitting clinics
- partner with a local fitness store to provide discounts for employees



TOGETHER WE CAN *build a better future!*