



Celebrate Employee Health and Fitness Week Make the Healthy Choice the Easy Choice May 8th – 12th, 2017

Our work environment has an impact on our health and can either support or hinder our efforts to be well. As Commonwealth employees, we spend a significant part of our day at work and while here, make choices about what we eat, drink and about our physical activity. As such, having healthy food and activity options are very important in supporting employee efforts to choose healthy behaviors.

To celebrate National Employee Health and Fitness week the CommonHealth Program encourages you to try some the suggestions below for **making the healthy choice the easy choice**.

- **Plan an agency/location wide group walk. Pick a day, plan a loop and bond with co-workers as you walk together. Provide cold water, fruit or ice pops at the finish.**
- **Encourage employees to use one of their daily breaks for walking or other appropriate physical activity each day.**
- **Encourage those able, to use the stairs.**
- **Encourage participation in a health challenge – [click here](#) for ideas.**
- **Award healthy parking spaces at the far end of the parking lot for employees who like to move more.**
- **Recognize and celebrate individual and group achievements with recognition pot luck luncheons, in newsletters, on the agency intranet, bulletin boards etc.**
- **Plan to include a CommonHealth presentation at your next staff meeting.**

For meetings

- **Hold walking meetings when possible.**

When walking meetings are not possible:

- **Provide a brief stretch break when a meeting will last 1- 2 hours.**
- **Provide a 5-10 minute activity break when a meeting will last from 2-4 hours.**
- **Provide time for a 30 minute (voluntary) activity break for meetings longer than 4 hours.**
- **Encourage those who would like to stand for all or part of the meeting.**
- **Provide healthy food and beverage options at meetings.**
- **Consider not providing refreshments at mid- morning or mid-afternoon meetings or if you do, emphasize fruits and vegetables and offer water.**

Post your activity to our [Facebook page](#) and let others know what your workplace is doing to support its employees. If you are unable to post to Facebook, please send us a brief description and/or photo of your agency's activity to wellness@dhrm.virginia.gov.



Remember, by making the healthy choice the norm, we support the wellbeing of our coworkers and create a healthy culture. Don't limit yourself - be creative! [Contact us](#) or your agency CommonHealth Coordinator if you would like to assist with your agency's wellness efforts.