

Much of our day is spent at work so why not advocate for a healthier workplace? Anyone can start a movement towards healthier options and support your co-workers in their health goals!

Eat



Healthy Eating

Offer or advocate for healthy foods and beverages at meetings, conferences, in vending machines and cafeterias to help make healthy options available to everyone within the workplace.



Families Too

Ask about healthy living opportunities and programs for employees and their families, such as cooking classes, and see if your company could advocate for this.



Mindful Eating

Limit what is advertised in lunch or break rooms to print media to help decrease distractions while eating.

Move

Ask about and utilize health club reimbursements or discounts for employees who use a fitness facility associated with the company's health and wellness plan.



Offer or ask for flexible work hours or physical activity breaks to allow for increased physical activity during the day (e.g – extended lunch hour for walking, etc.).

Connect

Offer or advocate for participation in after work recreation or leagues. Getting a team of employees together can help build a support system around physical activity.



Organize or participate in any community-wide worksite wellness initiatives or events.

Join the movement at www.live54218.org