The Colorado Health Foundation™

Easy Ways to Achieve a Healthier Workplace

To reduce obesity and offset rising health care costs, it's vital to reach people where they spend most of their days – at work. Worksite health promotion programs can help employees make health and lifestyle changes that ultimately affect a company's bottom line. Here are some wellness strategies a business can implement:

- Offer regular health education presentations on physical activity, nutrition and other wellness-related topics.
- Conduct preventive wellness screenings for blood pressure, body composition, blood cholesterol and diabetes.
- Provide healthy-cooking demonstrations with taste tests.
- Start employee activity clubs such as walking or bicycling.
- Offer on-site weight management/maintenance programs at a convenient time for employees.
- Support physical activity breaks during the workday, such as stretching or walking.
- Implement incentive-based programs to encourage physical activity, such as pedometer walking challenges.
- Offer flexible work hours to allow for physical activity during the day.
- Offer on-site fitness opportunities, such as group classes or personal training.
- Add weight management/maintenance, nutrition and physical activity counseling as a member benefit in health insurance contracts.
- Explore discounted memberships at local health clubs, recreation centers or YMCAs.
- Make water available throughout the day.
- Make refrigerators available for employees' food storage.
- Provide bicycle racks in safe, convenient and accessible locations.
- Offer appealing, low-cost, healthy food options in vending machines, snack bars, break rooms and/or cafeterias, or during meetings and company functions.

Source: Colorado Physical Activity and Nutrition Program Worksite Task Force's Worksite Resource Kit, http://www.cdphe.state.co.us/pp/copan/worksite/worksitestrategies.html