



WELLNESS IN THE WORKPLACE



MAKE IT AN EVERYDAY EVENT

Healthy Tips For a Healthy Workplace

- ⇒ Support and promote physical activity breaks during the workday, such as stretching or walking.
- ⇒ Display key messages to encourage physical activity on signs or display boards.
- ⇒ Participate in online challenges hosted on the HealthySD.gov website.
- ⇒ Provide articles in employee newsletters promoting physical activity and current opportunities to participate.
- ⇒ Provide healthy choices in vending machines.
- ⇒ Provide lunch & learns
- ⇒ Offer healthful food alternatives at meetings, company functions, and health education events.
- ⇒ Make all areas of the workplace tobacco-free (indoor & outdoor)

————— May 16th is Employee Health & Fitness Day —————