

WORKING ON WELLNESS

Monthly wellness from the SD Department of Health
Office of Chronic Disease Prevention and Health Promotion



WORKWELL

The **South Dakota Department of Health** released and awarded the 2019-2020 WorkWell Grants. Since 2013, WorkWell has awarded and provided technical assistance to **89 grantees** state wide. We encourage worksites to look for upcoming grant opportunities that are listed on [Good & Healthy SD](#). Listed below are **Model Policies** that have been developed as a resource for worksites to implement. We encourage your worksite to adapt these policies.

- ✓ [Healthier Foods and Beverages at Meetings and Presentations](#)
- ✓ [Healthier Vending & Snack Bars](#)
- ✓ [Breastfeeding Support](#)
- ✓ [Model Worksite Physical Activity](#)
- ✓ [Tobacco-Free Business](#)
- ✓ [Worksite Automated External Defibrillator \(AED\)](#)
- ✓ [Worksite UV Protection](#)



LIVING HEALTHY WORKS.
GOOD&HEALTHY SOUTH DAKOTA WORKPLACES

BE PHYSICALLY ACTIVE IN EVERY DAY LIFE

- ✓ Limit the time you spend sitting and aim for at least **30** minutes of moderate physical activity a day.
- ✓ Pack your workout clothes at night.
- ✓ Don't stress over a missed workout or sweet treat.
- ✓ Refocus and make the next choice healthy.

RESOURCES

- ✓ www.healthysd.gov
- ✓ www.choosemyplate.gov/physical-activity
- ✓ www.cdc.gov/physicalactivity/index.html
- ✓ www.healthypeople.gov/2020/topics-objectives/topic/physical-activity

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