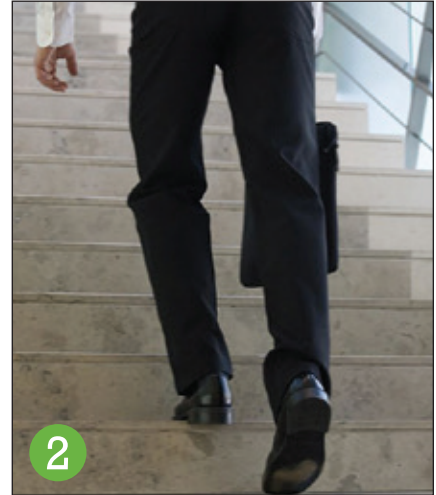




GREAT IDEAS!

15 Low Cost Ways to Address Physical Activity in the Workplace

1. Form a local coalition with other companies to “share” costs of program(s).
2. Encourage employees to take the stairs rather than using the elevator.
3. Encourage employees to park farther away at work, and when away from work as well.
4. Develop a fitness trail on campus/indoors.
5. Create a map/list of activity options near your workplace. Add routes with mileage for walks/runs if applicable.
6. Purchase a Fit-Kit.
7. Assist employees with the cost of a club membership reimbursement (accountability).



8. Schedule short activity breaks throughout the day.
9. Start a walking, jogging, cycling, cross-fit or boot camp club.
10. Start a weight management/challenge program.
11. Sponsor a community event with purpose (5K – March of Dimes, AHA, etc.) and encourage employees to walk or run it.
12. Coordinate a company team for sports such as softball, basketball, kickball, etc. and pay league fees if possible.
13. Educate employees on the health benefits of an active lifestyle vs. a sedentary lifestyle.
14. Develop a cookbook of healthy recipes provided by employees; exchange recipes and feature healthy employee recipes periodically on the cafeteria menu.
15. Create a policy to ensure healthy food choices will be included in catering orders.



LiveWell Greenville At Work