

Create a Healthy Work Environment

The worksite can be a powerful tool to communicate healthy eating and active living messages. Work with your staff to make healthy eating and active living a part of their lives.

- Hang physical activity and healthy eating posters in lunch or break rooms.
- Create a 5-2-1-0 bulletin board:
 - Feature a different theme each month.
 - Post 5-2-1-0 parent handouts.
 - Post seasonal recreational activities.
- Feature a fruit or vegetable of the month in your cafeteria.
- Sample a fruit or vegetable of the month—select items of different cultures to try.
- Host a healthy lunch.
- Have a staff contest to create an office slogan or universal message about healthy lifestyles.
- Provide 10-minute physical activity or walking break during longer meetings.
- Try walking meetings.
- Calculate and post average walking distances around your office, campus or worksite.
- Work with the Wellness Team to promote participation in Turn Off the TV Week, March into May, StairWELL or other campaigns.
- Work with the Wellness Team to provide water fountains/coolers and to ensure that vending machines offer healthy food and beverage options.

Adapted from the Healthy Care for Healthy Kids Learning Collaborative (A Partnership of Blue Cross Blue Shield of Massachusetts and the National Initiative on Children's Healthcare Quality).

