



# 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](http://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)
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