Workplace Walkability
Are your employees walking at work?

Add physical activity to employee's workdays to help working Americans become healthier.

- Do your employees walk to meetings, or drive?

- Do they walk for exercise or recreation at lunch or during breaks

- Do they walk to restaurants or parks to have lunch?

- Do you encourage 'walking meetings' where employees gather outside and walk and talk?

- Are the walking routes safe and convenient at work?

- Is the walking environment safe and attractive at your work place?

For more information on Workplace Walkability visit the following website:

http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/walkability/index.htm