

Worksite Wellness Menu

This is a menu of *policy and environmental change strategies* related to nutrition and physical activity to assist you in improving the health of employees.

Policy Change - law, rule, or regulation designed to influence behavior.

Environmental Change - change to physical, social, or economic environment designed to influence behavior.

- Establish a policy to ensure healthy foods and beverages will be standard at company meetings and events.
- Require a health screening be offered to all employees annually during an on-site health fair. Provide lower health insurance premiums for those employees that attend.
- Require a bike rack be installed on company property.
- Require fresh produce to be available on site for employees and/or customers daily.
- Require on-site vending machines to contain foods and beverages that meet certain nutrition standards or completely remove vending from the site.
- Require employees to attend a monthly or quarterly healthy breakfast or healthy lunch hour.
- Require weekly physical fitness classes be offered on-site during lunch hours or immediately after work. (ie: yoga, pilates, boot camp, etc.)
- Establish a subsidized or reimbursed membership to a local health club for all employees.

This is a menu of *educational components or programs* related to nutrition and physical activity to assist you in improving the health of employees.

- Distribute a monthly or quarterly newsletter that contains health information to employees.
- Develop and update an ACHIEVE nutrition board.
- Offer a “Biggest Loser” or “Weight Watchers” Challenge to employees.
- Offer nutrition classes to employees. These can be done as “Lunch & Learn” sessions.
- Provide maps of walking paths to employees that show paths both inside and outside the site. Encourage use.
- Promote the use of the ACHIEVE website and encourage employees to sign up on the listserv at www.lakecountyohio.gov/achieve.
- Encourage biking to work (ie: host a monthly or quarterly “bike to work” day).
- Utilize ACHIEVE posters to promote stair climbing, healthy eating, walking at lunch, etc.