

# Creating a Healthy Office Environment

***The physician's office is a worksite that can be a powerful tool to communicate healthy eating and active living messages.***

- Hang physical activity and nutrition posters in waiting areas and in examination rooms; make them as prominent as vaccination posters.
- Create a 5-2-1-0 bulletin board:
  - Monthly or quarterly updates can feature patient activities in their communities.
  - Post resources and news articles for parents and children.
  - Post seasonal activities.
  - Feature a fruit or vegetable of the month.
- Play videos that show children taking part in nontraditional sports and other physical activities.
- Play videos of children trying new fruits and vegetables.
- Display books, puzzles and activity sheets that support healthy eating and active living to entertain children.
- Replace lollipop and candy rewards with stickers, bookmarks and other nonfood items.

***Work with your staff to make healthy eating and active living a part of their lives.***

- Have a staff contest to create an office slogan or universal message about healthy lifestyles.
- Sample a fruit or vegetable of the month—select items of different cultures to try.
- Host a healthy lunch.
- Provide 10-minute physical activity or walk break during the work day.

