

# 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 5210 bulletin board:
  - Feature a different theme each month.
  - Post Let's Go! 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 National Screen-Free 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).*