

Health Works In Escambia

PHYSICAL ACTIVITY WORKS

Creating a Culture of Health at Work

PHYSICAL ACTIVITY WORKS

WHY?

Physical activity lowers the risk of several chronic diseases, such as diabetes, heart disease and stroke, some cancers, and depression, according to the Centers for Disease Control and Prevention (CDC).

However, only half of all Americans report meeting the minimum guidelines for physical activity. Providing opportunities for physical activity at work helps to remove barriers many adults face in getting in the recommended amount of activity. See below for ways of encouraging physical activity at work and join the movement to make the healthy choice the easy choice at work!

RESOURCES

Healthiest Weight Florida

CDC Workplace Health Promotion

CDC Worksite Physical Activity

Steps to Wellness

American Heart Association

HOW?

Provide information about the benefits of being physically active

Include information in bulletin boards, in common areas, or in company newsletters. Ask FDOH-Escambia for reliable information and resources.

Offer physical activity programs

Start a walking club at work and encourage employees to join. Choose a month to have a physical activity challenge, such as a step contest. See who can get the most steps in a month!

Encourage movement throughout the day

Remind employees who sit all day to stand and move often. Find safe areas near your worksite where you can walk during break or lunch time. Try to fit in a mini-workout during lunch.

Encourage employees to take the stairs

Post signs at elevators, stairwell entrances or exits, and other key locations. See the next page for information about creating a safe and attractive stairwell.

Make your meetings active

Add stretch breaks, encourage standing, or make your meeting a walking meeting. Contact FDOH-Escambia for Active Meeting Guidelines you can post in your meeting areas.

Host a class or presentation on the benefits of physical activity

Ask an expert, such as one of FDOH-Escambia's health educators, to speak to employees about physical activity, including a fitness demonstration!

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Nutrition

Fill half your plate with fruits and veggies. We know that fruits and vegetables are important for good health, but most people still don't get enough. September is Fruits & Veggies - More Matters Month, the perfect time to focus on getting enough of the good stuff. Challenge your coworkers to try a new fruit or vegetable each week in September!

Share This!

Liven Up Your Meals with Vegetables and Fruits



Click the image to find the tools to celebrate National Healthy Lunch Day at your workplace!



Physical Activity

Take the stairs! If you are lucky enough to have stairs at your workplace, use them! Taking the stairs helps with weight control, may lower your risk for several chronic diseases, and helps to tone your lower body. If your stairwells aren't looking very inviting, take a look at the CDC's StairWELL to Better Health program. Find ideas on how to make your stairs more attractive and safe, including motivational signs such as the one pictured here.

Share This!

Step It Up! Take the Stairs





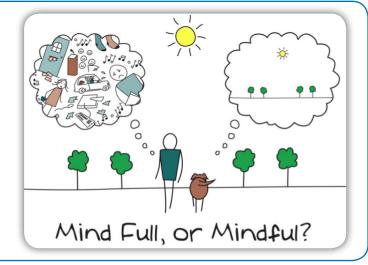


Stress Management

Learn to live mindfully. Mindfulness, according to Mindful.org, "is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us." Practicing mindfulness can lower stress, help you connect better with others, and help you focus your mind. And research suggests that mindfulness may be positively related to job satisfaction. Give it a try today!

Share This!

The Mindfulness Challenge





Lactation Support

Does your organization offer flexible breaks for mothers to express milk or nurse her infant? If yes, then you're on your way to becoming a breastfeeding friendly workplace!

Learn more from the <u>Florida Breastfeeding</u>
<u>Coalition, Inc.</u> and apply for the Breastfeeding
Friendly Employer Award.



Tobacco Cessation

"Work time spent on smoking-related activities costs businesses four weeks of non-productive time per smoking employee each year." -FTCA

Learn about the benefits of going tobacco free and how to become a tobacco-free workplace with the <u>Florida Tobacco Cessation Alliance</u>. Answer only 5 questions and apply for the FTCA Worksite Wellness Award!