



Health Works

In Escambia

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?

Contact Stephanie Sisko to learn more about FDOH-Escambia's employee wellness services.

850-595-6500 ext. 1823

Stephanie.Sisko@FLHealth.gov

@HealthyEscambia
Follow FDOH-Escambia on Twitter!



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**](#)

Change happens one step at a time.



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 [Florida Breastfeeding Coalition, Inc.](#) 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 [Florida Tobacco Cessation Alliance](#). Answer only 5 questions and apply for the FTCA [Worksite Wellness Award!](#)