

Live Well Workplaces

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Contact Information

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agrees to the implementation of action steps related to building the workplace environment, including:

Provide healthy cafeteria options with healthy foods/snacks such as fresh fruit and vegetables for purchase
Provide healthy food options during company meetings and functions
Provide private area for use by breast feeding employees to pump and store their milk.
Ensure well-lit, safe stairwells
Provide access to water fountain, water dispenser, water cooler
Access to on-site fitness center or conference room for exercise classes, physical activity
Locate safe and accessible outdoor walking or running paths and trails, map a safe walking route starting and ending from the workplace or in vicinity
Provide standing/walking desks
Other commitments related to developing the workplace environment

Community walking groups and exercise events.

agrees to the implementation of action steps related to policy integration, including:

Institute a healthy food policy requiring healthy food and drink options at company meetings, functions, and events
Develop a policy that supports breast feeding employees and allows them flexibility to pump at work in a designated, private area
Create and sponsor employee athletic teams and activities

agrees to the implementation of action steps related to health education, screening, and prevention, including:

Remind employees of importance of regular check-ups, physical examinations, and health screenings
Encourage employees to hold walking meetings
Support stretching and physical activity breaks during work hours and meetings
Organize fitness classes on site
Organize educational seminars or Lunch and Learns on health topics

agrees to the implementation of action steps related to leadership commitment and employee ownership, including:

Company mission/vision statement supports employee health and value of wellness programs in the workplace

Signature

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