



Sneak Wellness Into Your Day

Put Numbers to Your Health:

Complete the CDC Worksite Health Scorecard

Sit for 60--Move for 2: *Every hour get up and move for at least 2 minutes*

Take the Long Way: *Walk to the restroom furthest from your office or park furthest away*

Employers: *Allow staff to volunteer during the work day*

60-Day Stress-Free Challenge:

Complete the attached checklist of stress-reducing ideas in 60 days

Try These In-Office Exercises: *Visit fitdeck.com to learn more*

10,000 Steps: *10-week virtual tour of the USA walking challenge @ 10000stepsusa.com*

Wellness Pantry: *Stock worksite fridge and/or cupboard with healthy food options available to employees at wholesale/reduced prices*

Race Entry Fee: *Employer helps cover run/walk entry fee*

Offer standing desks

Gratefulness Challenge: *Track 3 things you are grateful for everyday and share with co-workers*

Set a Calendar Reminder for Every Hour: *Stand up, stretch, walk, drink water, or take 3 deep breaths*

During a conference call or webinar: *Stand up, stretch, walk in place, etc.*

Drink more water: *Aim to drink a glass of water every hour*

Go stealth: *Find clever ways to sneak wellness in*



Go! Work: Where we work together to build healthier workplaces to generate healthier adults.