

WORKSITE

Overarching Recommendations

Target both physical activity and nutrition practices and behaviors

Include combinations of environment and policy, and education and counseling strategies

<u>Environment and Policy Recommendations</u>	<u>Strategies with Descriptions</u>
<ul style="list-style-type: none">• Use “point of decision” prompts promoting the use of stairs	<p><u>Decision prompts:</u> Post signs by elevators that ask folks to make a decision to take the stairs and be more physically active; make stairwells well-lit, clean, & pleasant to use</p>
<ul style="list-style-type: none">• Provide on-site physical activity opportunities, ideally in a properly supervised exercise facility	<p><u>Physical Activity Facility:</u> All companies can provide on-site physical activity opportunities in the form of classes. And for mid- to large-size worksites, supervised on-site physical activity facilities are effective ways to increase physical activity behaviors among employees</p>
<ul style="list-style-type: none">• Create a physical activity - friendly physical plant	<p><u>Environment:</u> A physical activity promoting environment includes sidewalks, bike racks and storage facilities, shower facilities, satellite parking that promotes walking</p>
<ul style="list-style-type: none">• Reinforce positive healthy eating and physical activity behaviors, while also removing potential barriers	<p><u>Company Policies:</u> Examples of policies that can reinforce healthy eating and physical activity behaviors include flex-time to exercise, healthy foods strategically placed in vending machines, clean-air “idling” policies for trucks and equipment, and company functions where healthful food is served</p>

WORKSITE (con't)

<u>Education and Counseling Recommendations</u>	<u>Strategies with Descriptions</u>
<ul style="list-style-type: none"> • Provide individual or group education/counseling on healthy eating and physical activity for employees and their families 	<p><u>Education/Counseling Meetings:</u> Offer one-on-one or group classroom meetings with trained health professionals on healthy eating and physical activity. The goal of these meetings is to increase knowledge, behavioral skills, and the confidence to make lifestyle changes.</p>
<ul style="list-style-type: none"> • Create social support among employees 	<p><u>"Buddy System:"</u> Pair up participants as exercise or walking partners and for supportive phone calls as part of physical activity.</p>
<ul style="list-style-type: none"> • Use incentives healthy eating and physical activity behaviors 	<p><u>Incentives for On-site Programs:</u> Provide a variety of incentives to compliment normal healthy eating and physical activity educational/Counseling programs (e.g. t-shirts, gift certificates for dinner to healthy restaurants, discounted walking shoes, etc.)</p>
	<p><u>Incentives for Off-site Physical Activity:</u> Employees participating in activities away from the worksite (e.g., walking, cycling, neighborhood fitness center) should be eligible for incentives similar to employees participating in on-site physical activities</p>
<ul style="list-style-type: none"> • Promote the physical activity level associated with positive weight control 	<p><u>Physical Activity Goal:</u> To increase the likelihood that employees achieve weight goals, companies and health professionals should promote the goal that employees get 30 or more minutes of moderate/vigorous levels of physical activity on 5 or more days of the week. (CDC/ACSM recommendation)</p>