



Shape Up Your Workplace

A Monthly Series brought to you by Get Healthy CT

Workplace Wellness Idea #5: Implement a Step it Up Campaign

Get Healthy CT aims to provide businesses with ideas that will facilitate healthy behaviors of their employees to improve employee satisfaction, productivity and showcase the employer as a role model for health. To support this, we will introduce a new “Workplace Wellness Idea” each month that employers can implement at low or no cost.

“Step it Up:” *Encourage your employees to start moving by taking the stairs instead of the elevator and walking more throughout the work day.*

- By implementing a “Step it Up” Campaign at your workplace you can:
 1. Enhance employee relations
 2. Promote better employee health
 3. Encourage a healthy, energizing workplace culture
 4. Lower healthcare costs to your business
- If you have stairwells, check them to make sure they are safe and accessible; improve their appearance if needed by putting in carpet, painting or hanging artwork
- Put motivational signs in the stairwells or break rooms to motivate your employees
- If you have no stairs in your workplace, encourage your staff to walk more during the day by walking during lunch or parking farther away in the parking lot
- Communicate the campaign throughout your workplace

Attached is a sample of the motivational signs you can find on our website at www.GetHealthyCT.org/step-it-up. We have information for organizations with stairs and for those without stairs. We also have fun facts about the benefits of taking the stairs and walking more each day that you can use to motivate your employees.

If you want more information on how to implement “Step it Up,” please visit www.GetHealthyCT.org/step-it-up or e-mail gethealthyct@ghct.org.

Let's work together to help make the healthy choice the easy choice in the workplace

Small
steps
make big
differences.



www.GetHealthyCT.org

- Just 2 minutes of climbing stairs a day can keep off the pesky two pounds that most adults gain every year.
- You burn an average of 10 calories per minute climbing the stairs – that's 7 times more than standing in an elevator!
- Walking regularly can lower your risk of diabetes, arthritis, macular degeneration and cancer by 50% compared with people who don't exercise.