



Shape Up Your Workplace

A monthly series brought to you by Get Healthy CT

Workplace Wellness Idea #26: Make a Pledge for Employee Wellness

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 provide a “Workplace Wellness Idea” each month that employers can implement at low or no cost.

Make a Pledge for Employee Wellness: As an employer you can take a pledge towards creating an environment that supports the health and wellness of your employees. The New Year is fast approaching so now is the perfect time to begin to start implementing small changes within your organization that can have a big impact on employee health.

An easy way to start is to take a pledge to offer healthy food and beverages at meetings or to increase physical activity opportunities in the workplace. These are just two examples of how employers can take small steps to improve their employee’s health. Suggestions for these include:

Healthy Food and Beverage Options for Meetings:

- Fresh or dried fruit
- Salad, raw vegetables
- Whole grain breads
- Pita or baked tortilla chips
- Low-fat dairy
- Pre-portioned snacks
- Baked, roasted or grilled lean meats
- Granola bars
- Pretzels
- Low sodium soup with vegetables
- Nuts
- Bottled water or unsweetened tea

Promote Workplace Physical Activity:

- Display motivational posters and brochures
- Institute a “take the stairs” campaign
- Promote walking meetings and lunch-time walks
- Encourage employees to participate on local sports teams, road races, etc.
- Provide pedometers and institute a 10,000 steps per day challenge
- Establish a “physical activity week”
- Provide information on local opportunities for physical activity

If you sign a pledge through GHCT, we will support you in the process. See page 2 for more details.

Workplace Pledges Made Easy with Get Healthy CT!

Organizations that take a pledge through Get Healthy CT will receive resources, support and organization recognition on the Get Healthy CT website. Email us at moreinfo@gethealthyct.org today for help with your pledge!



Our **NEW** GHCT Organization Pledge Ideas Include:

1. Pledge to promote a culture of health through any of the following:

- a) Promote the GHCT website www.GetHealthyCT.org to employees on your website, intranet, newsletters, etc.
- b) Distribute the GHCT monthly newsletters to employees. This online newsletter highlights various health and wellness events taking place around Fairfield and New Haven counties, as well as gives tips and information to support healthy lifestyles.
- c) Implement at least 2 new Workplace Wellness Ideas in a year. This Workplace Wellness Series provides businesses with low or no cost ideas to support healthy behaviors of their employees.

2. Pledge to adopt healthy eating guidelines as recommended from the American Heart Association's (AHA) Food & Beverage Toolkit:

- a) Improve vending machine options by reducing the number of sugar-sweetened beverages offered and reducing sodium and calories in food so that at least 50% of vending items meets AHA healthy guidelines.
- b) Improve provided/cafeteria/catered meals on-site to make them consistent with a healthy dietary pattern.
- c) Improve overall food and beverage environment and adopt policies to make healthy choices easy.

3. Pledge to adopt suggested guidelines for increasing physical activity in the workplace:

- a) Increase awareness of physical activity options within the workplace through information and signage.
- b) Provide motivation and means through workplace challenges, environmental assessments and improvements, or by showcasing senior leadership participation.

For more information on how you can make a pledge for your organization, please email us at moreinfo@gethealthyct.org

For more information, please visit www.GetHealthyCT.org

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