



# Worksite Wellness: *Be a City With a Healthy Workforce!*

Employee health is crucial to a productive workforce. Health care and lost productivity from obesity and physical inactivity cost the United States nearly \$210 billion every year.

## Implement worksite wellness, increase employee satisfaction and reduce costs:



### **PASS AN EMPLOYEE WELLNESS RESOLUTION**

Lay out your wellness goals within a resolution to be approved by your council.

Make sure your goals are smart by including a timeline for departments to incorporate wellness into department mission statements to implement workplace wellness policies and programs.

### **GET UP AND MOVE!**

Build health breaks or healthy behaviors into the workday with 10 minute physical activity breaks or improve stairway access to get your employees moving! Institute stretch warm-ups, and host stress management and wellness workshops during lunch breaks.



### **OFFER HEALTHY SNACK CHOICES**

Make the healthy choice the easy choice by setting nutrition standards for food sold or provided at city-owned and operated facilities, events and meetings.

Consider adding hydration stations to encourage water consumption over sugary drinks or simply make the switch to water for meetings and events.





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## **PROVIDE LACTATION ACCOMMODATIONS**

Breastfeeding is the first line of prevention for childhood obesity, and providing support for breastfeeding mothers results in reduced employee absenteeism, as well as improved employee productivity and morale.

Are you meeting the state requirements?

## **PROMOTE BENEFITS OFFERED BY YOUR HEALTH PLANS**

Use your HR department to promote the benefit options available through your existing health plans.

Resources often cover prevention, wellness activities, counseling and mental health services, health education, and access to weight loss, smoking cessation and physical activity programs.



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