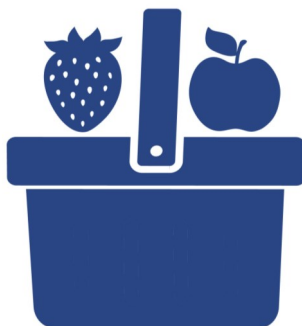


Desserts (Extras)

- Offer healthy snack program
- Provide kitchen equipment
- Improve stairwells
- Subsidize gym memberships
- Provide on-site exercise facilities (e.g. workout room, basketball court, bike rack, locker room)
- Host regular fitness/cooking classes with paid facilitator
- Provide coverage for tobacco cessation medication and counseling
- Provide coverage for breast pumps
- Provide standing desks
- Offer biometric screenings



move
health 

Employee Wellness Menu

Appetizers (Policies)

- Business objectives to include commitment to employee wellness
- Healthy foods in vending machines and cafeterias: quota of healthy items, product placement of healthy items, price of unhealthy items
- Guidelines for meeting/event food
- Flexible time for physical activity
- Adequate time and space to eat lunch away from the work area
- Flexible dress code to help employees to be physically active during breaks
- Walking meetings
- Tobacco-free policy, including flex time for tobacco cessation activities
- Breastfeeding policy, including flexible breaks and a private space



Entrées (Activities)

- Distribute health education materials
- Encourage health self-assessment
- Provide wellness activities, workshops, classes
- Start wellness clubs (e.g. walking club, healthy potluck club)
- Promote a wellness challenge
- Offer a weight-loss program
- Map out local walking routes
- Offer program to buy fresh produce at work
- Promote active commuting (walking, biking, or public transit)
- Encourage stair use
- Provide water filtration machine

