

HEALTH MEANS BUSINESS

Fit 15: Fifteen Ways to Drive Company Wellness

Driving wellness in your organization is something everyone can do. Here are fifteen ideas from our *Health Means Business* Champions Network.

1. Join the *Health Means Business* Champions Network by taking the Wellness Pledge to invest in your organization and your community. www.uschamberfoundation.org/health-champions
2. Create and activate a corporate wellness committee.
3. Take the CEO pledge from the National Coalition for Promoting Physical Activity at www.nccpa.org to improve employee wellness and to engage in physical activity.
4. Host or attend onsite nutrition or exercise classes.
5. Redesign your corporate worksite for wellness, including providing clean, safe and attractive stairwells and encouraging their use.
6. Encourage employees to take brief physical activity breaks throughout the day.
7. Host a walking meeting.
8. Provide employees the option to use active office furniture, such as stand-up or treadmill desks and/or stability balls.
9. Host monthly worksite health screening clinics with local health care provider.
10. Create a smoke free workplace and provide information on smoking cessation programs, such as these tools from the American Lung Association at www.lung.org.
11. Dedicate someone on staff to help employees address the challenges that lead to absenteeism, such as mental health, financial problems or family concerns.
12. Offer employees the opportunity to wear casual, workout friendly attire to the office.
13. Ask managers to lead by example by biking to work or meetings
14. Ensure that worksite snacks are healthy.
15. Find fitness affinity groups and join them when on business travel.