

Choosing Foods And Beverages For Healthy Meetings, Conferences And Events -- CDC's Healthy Worksite Guidelines

This document provides 5 quick tips for changing your company's culture -- and making healthy eating choices available at work-related events. Because many workers consume a significant portion of food away from home -- and those foods are often not as nutritious as foods prepared at home -- it's important to have a policy that ensures healthy foods are served as an option for company meetings, conferences and events.

http://www.ahc.umn.edu/ahc_content/Colleges/SPH/sph_news/Nutrition.pdf

StairWELL to Better Health

Taking the stairs is one way to be more physically active. At work, employees are often presented with a choice between taking the stairs and taking an elevator or escalator. Choosing the stairs instead of the elevator is a quick way for people to add physical activity to their day.

<http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/stairwell/index.htm>

12-Week Walking Program -10,000 Steps

The aim is 10,000 steps a day. The approach is walking. This incentive campaign moves your employees through a 12-week program to incorporate regular walking into their daily lives. The *Step By Step* incentive campaign comes complete with a practitioner guide, employee handouts, and interactive checklists. They're "printer-ready" so there's no limit to the number of copies you can make.

<http://www.welcoa.org/freeresources/pdf/stepbystepfr.pdf>

Monthly Health Observances and Support Resources

This month by month list of health observance days with quick access to additional information about topics, information and sponsoring agencies is an excellent information resource. Use this tool to supplement the health information you provide employees. Promoting health topics as they are being addressed nationally can capitalize on already existing marketing campaigns and increase employee awareness.

<http://www.welcoa.org/observances/>