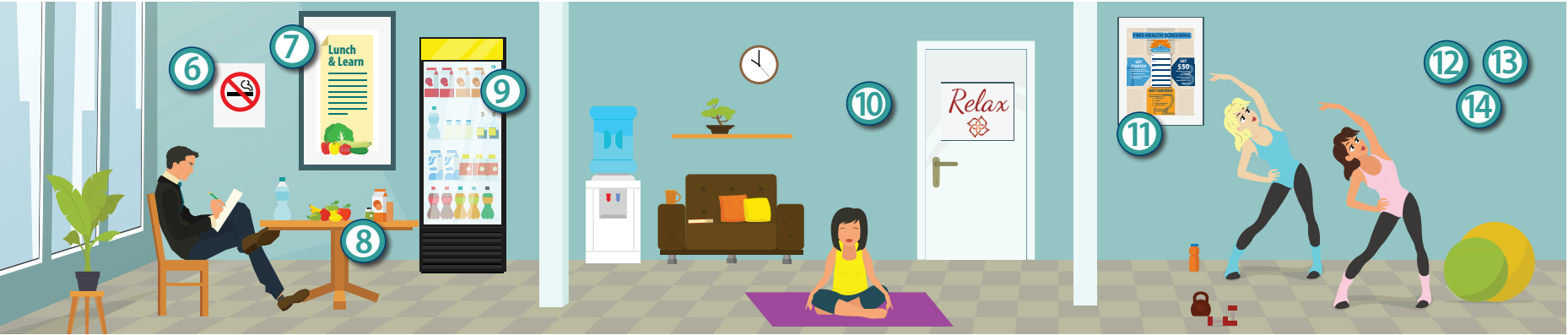


Tips for Creating a Healthier Workplace

Employees spend 8-10 hours at the workplace each day. A healthy workplace creates healthier employees. What changes can you make at your workplace to create a healthier environment?



- 1 Hold Walking Meetings**
Try a “walking meeting” when meeting one-one-one or with small groups.
- 2 Share healthy snacks**
Replace candy dishes on desks.
- 3 Send weekly health tip via email**
Suggest healthy eating options or a physical activity.
- 4 Be an Example**
Model these healthy behaviors to be a champion of a healthy office environment.
- 5 Stand or move around after an hour of sitting**
Try standing while talking on the phone or with co-workers.
- 6 Become a tobacco-free workplace**
Provide employees with resources to quit. PEHP’s free Quitline: 855-366-7500.
- 7 Post nutritional information in the kitchen area**
List nearby places that offer healthy food options.
- 8 Promote Smart Snacking**
Ensure meals or snacks served at meetings or events include healthy options.
- 9 Remove unhealthy snacks from vending machines**
Consider offering a healthy snack station.
- 10 Offer a quiet room for relaxation or meditation**
Provide a place where employees can retreat to de-stress.
- 11 Provide biometric screenings at your worksite**
Host a PEHP Healthy Utah Testing Session.
- 12 Sponsor healthy activities at the office**
From group exercise classes and healthy brown bag lunch groups.
- 13 Get Moving**
Encourage others to use break time to be physically active and get sunshine and fresh air.
- 14 Sponsor employee teams**
Create charity walks and runs or a recreational softball team or bowling league.