



Washington Health Foundation presents the

HEALTHIEST BUSINESS CHALLENGE

10 Ideas for Improving Health in the Workplace

- Become a part of the Healthiest State in the Nation Campaign—sign up for opportunities to improve the health habits of your workforce!
- Provide fun ways for employees to be more active—start a softball team or lunchtime walking group.
- Have a casual dress day—a recent study found that when employees dressed more casually, they were more active.
- Encourage employees to walk around throughout the day—not only does it get the blood moving, but it also increases focus.
- Make it easy to walk or bike to work by giving employees a safe place to store their bikes or walking shoes and providing access to showers if possible.
- Make healthy eating part of the office culture—provide healthy snacks for meetings or try sandwiches and salad for a working lunch. Ensure vending machines have healthy options.
- Provide a microwave and fridge so your employees can bring food from home instead of eating lunch out.
- Ask a local gym for a group discount on memberships—or consider subsidizing memberships for interested employees.
- Create a workplace wellness team of employees who will encourage healthy decisions.
- Lead by example—always take the stairs if you are able, keep water and fruit at your desk, and encourage healthy living among your coworkers.