

Welcome!

Welcome to the revised Let's Go! Healthy Workplaces toolkit designed to help employers and employees integrate movement and healthy eating into the work day. Wellness isn't something you 'do' only after work. It is a part of every hour! Let's Go! is here to help support employees in improving and maintaining health inside and outside of work.

This toolkit is brought to you by Let's Go!, a nationally recognized obesity prevention program for children and adults based out of Maine Medical Center. Let's Go! uses evidence-based strategies to increase healthy eating and active living across communities that include; schools, child care centers, after school programs, workplaces, and health care practices to ensure that the healthy choice is the easy choice.

Let's Go! Healthy Workplaces is guided by the following principles:

- Focuses on health and wellness for all employees.
- Messages are positive and action oriented.
- Efforts are employee driven.

We hope you find this tool useful at your workplace. Please direct any questions or feedback to Let's Go! at info@lets-go.org or visit lets-go.org.

Thank you to Greater Somerset Public Health Collaborative and Redington Fairview General Hospital for helping us develop the first edition.

