Let’s Go! Healthy Workplace Framework

The Let’s Go! Workplace tool is designed to integrate movement and healthy eating into your overall worksite wellness initiative.

**Increase Healthy Eating at Work**

- Healthy Meetings and Celebrations
- Healthy Vending & Smarter Cafeterias

**Increase Movement at Work**

- Active Meetings
- Walking Meetings
- Stairwells & Walking Paths

**Support Healthy Employees**

- Healthy Lifestyles Tips

**GUIDING PRINCIPLES:**

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