

# 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

### GUIDING PRINCIPLES:

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

## Increase Movement at Work

Active Meetings  
Walking Meetings  
Stairwells & Walking Paths

## Support Healthy Employees

Healthy Lifestyles Tips

