

Getting Started

Healthy employees are happy employees!

Employees and employers can work together to make sure that the workplace promotes and supports healthy eating and regular daily activity.

We recommend taking one step at a time.

Perhaps you'll begin by adding movement breaks into meetings or by eliminating soda at meetings and offering a pitcher of ice water instead. Recruit supporters. Cultural change can be challenging. Having allies in various departments will help!

Choose one or two items to get started!



The Let's Go! Healthy Workplaces toolkit shows you how to:

- Follow the *Healthy Food and Beverage Guidelines for Meetings*.
- Follow the *Healthy Vending Guidelines* if you have vending machines.
- Transform cafeterias into *Let's Go! Smarter Cafeterias*.
- Stand and stretch during meetings.
- Provide movement breaks in meetings.
- Host walking meetings when possible.
- Provide and promote *Safe Walking Routes* at or near your workplace. Encourage and make time for walking breaks. Lead by example.
- Promote *Taking the Stairs* with signs and clean, safe stairwells.
- Share Let's Go! parent handouts with parents and families.
- Incorporate *Healthy Messages* in interoffice communicationsex.intranet, e-newsletters,screensavers,newsletters, and bulletin boards.