WORK WELL

Make the healthy choice the easy choice

Governor's Work Well Recommendations

Wellness Council

- Establish or maintain a worksite wellness council to improve the health and well being of employees.

Nutrition

- Offer healthy menu choices at each work meeting, conference, and training where food is served.
- Provide healthy options and post healthy eating messages in cafeterias, vending areas and break rooms.
- Implement a workplace lactation support policy that is supported by management and communicated to all staff.

Physical Activity

- Encourage employees to exercise, including utilization of the existing exercise release policy of 30 minutes, three times per week, with supervisor approval.
- Promote walking at work. Encourage the use of stairs as a way to get more daily physical activity, and provide education about trails and pathways that are safe and close to the worksite.
- Encourage employees to walk, bike, or use public transportation to work and, where circumstances permit, provide showers, lockers, bike racks, discounted transportation passes, and flexible working schedules.

Tobacco

- Develop a plan to implement a Tobacco Free Campus.