Worksite strategies

PHYSICAL ACTIVITY

From organizational assessment, determine gaps and opportunities. Establish goals. Make improvements.	
Foundational	**Could include** • Additional environmental audit of what is offered and what is possible
Environment	**Could include** • Mapped walking routes • Creation and maintenance of physical activity room/space • Access to brightly lit, aesthetically pleasing stairwells • Sit-to-stand desks/work stations • Bike racks, showers, lockers • Employee bike share • Standing height conference rooms
Policy	**Physical activity policy -** could include • Dress code • Walking meetings • Employees can combine breaks for physical activity time • Flexible work schedule to allow for physical activity • Work accommodations that support physical activity • Stretch breaks for employees who perform repetitive tasks • Create and maintain a physical activity room/space • Sit-to-stand stations, walking workstations • Becoming a Bike-Friendly Business
Systems	**Human Resources support and training for managers/supervisors** • Training for managers to develop flexible schedules to accommodate physical activity before/during/after work • Guide or protocol for holding walking meetings • Safety practices that reduce on-the-job injuries • Active transportation/commuting reimbursements
Social Support	**Could include** • Walking groups/clubs • Stretch breaks • Exercise classes (not SHIP-funded) • Challenges (activity minutes, steps, etc.) (not SHIP-funded) • Managers/supervisors modeling walking/standing meetings

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statewide health improvement partnership

This document developed based upon the *Healthy Worksites* consulting model at Blue Cross and Blue Shield of Minnesota.