



EMPLOYER TOOLKIT

Tips to support movement in and out of the workplace!

STEP 1: LAY THE GROUNDWORK

- Display Move Your Way® posters around your workplace.
- Share the Move Your Way® Activity Planner and the Kitsap Moves pledge.
- Highlight information about workplace policies already established that support or encourage employee movement.

STEP 2: BUILD MOMENTUM

- Inspire employees to take time for physical breaks throughout the day. There are plenty of ways to be active, even while at your desk!
- Encourage employees to print, sign, and display their Kitsap Moves Pledge certificate at their desks.
- Engage staff by having workplace leadership demonstrate that they're embracing movement too. Be honest about challenges you face, as these can sometimes be even more inspiring than the successes.
- Look at ways to integrate active commuting options for employees. You can reach out to your local transit authority and/or city for additional suggestions.

STEP 3: SOLIDIFY CHANGES

- Ensure **all** activities can be accessed by **all** employees, regardless of ability. Consider the diversity of cultures of all employees.
- Host open discussions and/or offer surveys to allow employees to provide suggestions for how policies could be updated or created to support movement.
- Follow-up on the recommendations you receive from employees and let them know that they were heard.

STEP 4: SUSTAIN THE MOVEMENT

- Recruit a diverse group of employees to keep the work going. Consider starting a Wellness Committee.
- Take the time to celebrate individual successes. Messaging should focus on general wellness benefits (improved mental health or physical energy levels) rather than weight or appearance.

QUESTIONS?

Learn more at kitsappublichealth.org/heal or call 360-728-2235

Disclosure: "Kitsap Moves" is a community-based physical activity campaign created and supported through the efforts and contributions of the Kitsap Healthy Eating, Active Living (HEAL) Coalition. We recognize that "healthy" activity can look vastly different from person to person. Any information shared through the Kitsap Moves campaign is not intended as personal medical advice.