

HEALTHY MOVEMENT AT WORK

a toolkit for employers

1 LAY THE GROUNDWORK

- Display [Move Your Way®](#) posters around your workplace.
- Share the [Move Your Way® Activity Planner](#) and [Pledge Sheet](#).
- Highlight information about [workplace policies](#) already in place that support and encourage employee movement.

2 BUILD MOMENTUM

- Inspire employees to take time for physical breaks throughout the day.
- Have [workplace leadership demonstrate](#) that they're embracing movement too.
- Look at ways to integrate [active commuting options for employees](#).

3 MAKE CHANGES

- Ensure **all** activities can be [accessed by all employees](#). Consider the diversity of cultures of all employees.
- Host open discussions or offer surveys to [allow employees to provide suggestions](#) for your workplace can support movement.

4 KEEP IT GOING

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