

Overview

Employer Toolkit

Fit & Fun Families

This easy to use Fit and Fun Employer Toolkit is designed to help employers, employees and their families develop healthy habits at work and at home.

Seven key messages addressing healthy behaviors associated with:

- 1) Fruit and Vegetable Intake
- 2) Snacks Choices
- 3) Eating Breakfast
- 4) Active Play
- 5) Healthy Meals
- 6) Serving Sizes
- 7) Beverage Intake

These seven messages are crafted for employers, individuals, families and kids. When used in tandem, these key messages are reinforced so that healthier habits are adopted.

- **Employer Tip Sheets, Worksheets and Posters** provide healthy messaging ideas for the work environment and suggestions for actions that reinforce healthy behaviors.
- **The Worksite Call to Action Survey** provides a quick assessment of a healthy work environment and gives action ideas for the work environment.
- **Employee Guides** set the structure for healthy eating and physical activity habits. They offer tips to get started, self-assessment of existing health habits, and help with setting simple achievable goals.
- **Employee Tip Sheets** help individual employees set a foundation for healthy habits at work and at home.
- **Family Guidelines: Setting up for Success** pages help families set a foundation for healthy habits.
- **Family Tip Sheets** provide fun family ideas to model healthy behaviors along with guides for goal setting.
- **Kids Activity Pages** are fun and educational. When the Employer and Family Tip Sheets are combined with the Kids Activity pages, the potential for healthy behaviors is increased.

This message brought to you by CIGNA HealthCare and the Healthy Kids Challenge. Working to make healthy eating and physical activity a regular part of your life at home and at work.

Printing and photocopying these pages for educational purposes is not only permitted, but strongly encouraged!

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Content Use:

Within each healthy message, notice how each Tip Sheet or Activity Page reinforces the other!

- Print and photocopy the Worksite Call to Action Challenge Sheets to develop actions for effective teams, create awareness, role-model change, and create a healthy work environment.
- Print and photocopy the Employer Tip Sheets and pass them out to get everyone involved!
- Display the Posters and Display Templates in suggested workplace locations.
- Print and photocopy Employee Tip Sheets, Family Tip Sheets, Family guidelines, and Kids Activity Pages to provide as handouts in the work setting.

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