

Active Play Every Day

Be the Advocate in the Workplace...Send a healthy message.

Take the opportunity to be active every day! Who ever said physical activity is all work and no play? In fact, it can be just the opposite! Imagine doing fun physical activities you enjoy and look forward to.

Create a connection between the workplace and the healthy message you provide.

Become a champion for your employees to make healthy eating choices in the workplace and at home. Take the opportunity to use the **Active Play Every Day** theme for an extended period of time. A month is a good suggested amount of time. Publicize the message frequently with employees throughout the month. When trying to help employees take action to make healthy changes it helps to:

- Encourage employees that small steps and goals are necessary for change.
- Focus on good habits and healthy “choices” rather than body weight.
- Maintain good staff-community relations by making recommendations welcoming and fun.
- Make employees partners for change by welcoming and healthy change ideas and feedback.

Start by looking at your workplace setting. What opportunities and messages can you give to your employees to make healthy eating choices?

Tips

- Provide opportunities for physical activity in the workplace.
For Example: Provide towels and a changing area for employees.
- Create a work culture where activity breaks are allowed and encouraged.
For Example: Promote 5-10 minute intervals of physical activity or stretching during break times.
- Give employees ample time before, during or after work to walk or exercise.
- Provide an environment where employees re encouraged to take the stairs.
- Encourage employees to use area walking paths or sidewalks if available.

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How to Take Action:

- Provide employees with the **Active Play Every Day** tip sheets to learn more ways to include activity into their day.
- Use the action ideas provided.
- Frequently communicate action ideas and messages to employees during the designated **Active Play Every Day** theme time period.
- Download resources provided to provide employees with additional information.

Workplace Challenge

Active Play Every Day

Fit & Fun Families

Take Action:

Action #1: **Walk and Work**

- **Create walking clubs** and create excitement for employees to join. Make it fun, supportive and inviting to join.
- **Hold a contest** for different work teams or divisions.
- **Have employees** track progress in a central location.
- **Challenge the teams** to log in the most miles, on their pedometers if possible, in a given period.
- **Give healthy prizes** for a reward such as water bottles or gym towels with your company logo.

Action #2: **While at work, encourage employees to take the stairs**

- At work employees are often confronted with a choice between taking the stairs and taking an elevator or escalator.
- Encourage employees to take the stairs instead of the elevators. This is a quick and easy way for employees to add physical activity to their day.
- Using the stairs requires little additional time, no wardrobe change, and few additional costs.
- Make the stairways safe and inviting.
- Post encouraging signs (Use Display Posters provided).
- To learn more about how to start a stair program refer to the resource list: StairWELL to Better Health: A Worksite Intervention.

Why Active Every Day?

Physical activity can bring you many health benefits. Can a lack of physical activity hurt your health? Evidence shows that those who are not physically active are definitely not helping their health, and may likely be hurting it. If you haven't been active, see a doctor before starting a strenuous program.

Workplace Posters:

Download, print, and post in appropriate work areas:

- **Poster for elevators:** Have you thought about taking the stairs today?
- **Poster for stairwells:** By taking the stairs you have added physical activity to your day!
- **Poster near parking lots:** Add physical activity to your day and park far away!
- **Poster for a central communication board:** Try these activities to add more movement to your daily life.
- **Tip sheet for communication board on the health benefits of physical activity:** Benefits of Regular Physical Activity.

Resources:

- www.fitness.gov/
This is the health, physical activity, fitness and sports information website of the President's Council on Physical Fitness and Sports.
- www.cdc.gov/nccdphp/dnpa/physical/importance/why.htm
This website provides the information on the importance of physical activity and how to make it part of your life.
- www.cdc.gov/nccdphp/dnpa/stairwell/index.htm StairWELL to Better Health: A Worksite Intervention
Use this website to find ideas for making your stairwells more user friendly.

Benefits of Regular Physical Activity Active Play Every Day

*Fit & Fun
Families*

Suggestion:

Copy and post this list for employees to read and learn.

Regular physical activity can improve health and reduce the risk of premature death in the following ways:

- Reduces the risk of developing coronary heart disease (CHD) and the risk of dying from CHD.
- Reduces the risk of stroke.
- Reduces the risk of having a second heart attack in people who have already had one heart attack.
- Lowers both total blood cholesterol and triglycerides and increases high-density lipoproteins (HDL or the “good” cholesterol).
- Lowers the risk of developing high blood pressure.
- Helps reduce blood pressure in people who already have hypertension.
- Lowers the risk of developing non-insulin-dependent (type 2) diabetes mellitus.
- Reduces the risk of developing colon cancer.
- Helps people achieve and maintain a healthy body weight.
- Reduces feelings of depression and anxiety.
- Promotes psychological well-being and reduces feelings of stress.
- Helps build and maintain healthy bones, muscles, and joints.
- Helps older adults become stronger and better able to move about without falling or becoming excessively fatigued.

SOURCE: U.S. Department Centers for Disease Control and Prevention

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.