The warm weather has finally arrived! Summer is a great time to get started with a worksite wellness program or reenergize an existing one. Check out the Vermont Department of Health’s [Worksite Wellness Page](https://vermont.gov) for tips and resources on how to get started or to get new ideas. We also have new section with resources specific to several different occupations. Here are four worksite wellness activities that you can try this summer to promote healthy eating and an active lifestyle:

1. **Partner with a local farm or food hub to have CSAs delivered on-site.** This is a great way to increase access to fresh fruits and vegetables and other local products. CSAs also support local farms and get people to try new foods that they might have not purchased themselves. Consider starting a recipe share where employees can share recipes on how they are using their fresh produce.

2. **Promote walking meetings or walking group.** Many of us work in jobs that are very sedentary, posing significant risks to our health. Walking meetings are a great way for employees to get physical activity during their workday. Walking meetings have also been shown to improve creativity! Another strategy for employees that can’t engage in walking meetings is starting walking groups that walk before or after work, or during lunchbreaks. Make sure that safety comes first, walking meetings are best with small groups of 4 or less, where extensive note-taking isn’t necessary.

3. **Plant a worksite garden.** Gardening is a great way to get some moderate physical activity and has also been shown to help with stress management. Employee gardens also promote comradery and improve employee morale. Make sure that gardens are accessible for individuals with mobility challenges or disabilities – planting raised beds, making clear paths, and ensuring paths are wheelchair accessible are some strategies to make sure everyone can enjoy the benefits of the worksite garden. Consider a smoke-free policy for the garden to protect both the plants and employees from secondhand smoke exposure.

4. **Support active commuting to work.** Studies have shown that individuals that switching to active commuting modes such as walking, or biking is associated with better psychological wellbeing. There are many ways to encourage active commuting, including installing bike racks, starting a bike share, providing incentives for walking or biking to work, providing safety training for walkers and bikers, and providing discounts for public transportation.

5. Don’t forget about sun safety. Sun safety is important year around, but especially in the summer when people are outside more often. Incorporate sun safety into other worksite wellness activities, such as walking meetings or employee gardens. Check out the [American Cancer Society](https://www.cancer.org) for tips and resources.