

PHYSICAL ACTIVITY RECOGNITION

DOES YOUR WORKSITE
QUALIFY
→ FOR ←
RECOGNITION?
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✓ Does your worksite inform employees about the benefits of physical activity through brochures, videos, posters, pamphlets or newsletters?

OR

Does your worksite promote information about worksite activities (e.g. exercise classes) and/or local opportunities to be physical active.?

✓ Does your worksite promote physical activity through regular exercise classes, activity clubs (e.g. walking club) counseling, team challenges or competitions?

OR

Does your worksite offer at least one organized 15 minute physical activity break each workday?

✓ For employees who reach a certain level of physical activity does your worksite provide a premium reduction, HSA contribution, or reimbursement for active commuting?

✓ Does your worksite have a policy that allows for at least one of the following?

- Walking meetings
- Flexible work arrangement/break time for physical activity
- Employees to stand, stretch, and/or move at least ever 30 min of a meeting

✓ Does your worksite promote physical activity through at least one of the following?

- Appealing fitness center on site
- Visible maps or signs of walking paths inside and/or outside the building
- Treadmill or cycling desk
- Shower/changing facility

✓ Has at least one of your worksite wellness committee members participated in a WorkWell KS Physical Activity workshop?

WorkWellKS

TO APPLY VISIT: WWW.WORKWELLKS.COM
UNDER THE "IN THE NEWS" TAB



BEVERAGE DISPENSER/INFUSER

To promote/support water consumption

BIKE RACKS

To promote/support physical activity



RAISED GARDEN BEDS

To promote/support healthy foods

CUSTOM METAL SIGNAGE

To promote/support tobacco & nicotine free grounds



WALKING TRAIL SIGNS

To promote physical activity

AND MORE!

QUALIFY FOR RECOGNITION ITEMS

 **MAKING ENVIRONMENTAL CHANGES**