

Promoting a Healthy Workplace

Why should we promote a healthy workplace?

Our workplaces are where we spend a large portion of our days. By creating a healthy environment at work, we're more likely to take our healthy habits home with us!

How can we get started?

A great way to get started on promoting a healthy workplace is to establish a worksite wellness committee, or group that will champion the efforts and establish the kinds of initiatives they'd like to focus on. This can include topics like healthy eating, physical activity, tobacco cessation, mental health, and much more.

What are some ideas to promote health at the workplace?

There are many things an organization can do to promote health! Organizations can implement walking meetings, organize a "lunch and learn", or post signage to remind people to eat healthy and stay physically active. Workplaces can encourage friendly physical activity competitions for employees to see who can get the most steps. The options are endless! Utilize your knowledge of your workplace culture to create more ideas!

What type of worksites is the National Kidney Foundation of Michigan looking to collaborate with?

The NKFM currently has funding through the Washtenaw County Health Department to support worksites in Washtenaw and Livingston counties that would be interested in providing wellness opportunities for their employees, or worksites interested in strengthening the worksite wellness initiatives they have already started. We are looking for worksites that:

- Employ staff between the ages of 16-64
- Have 50 or more employees

Worksites will receive assistance from NKFM staff to go through the DHEW (Designing Healthy Environments at Work) Assessment, assistance in creation of an action plan and implementation of worksite wellness initiatives. Partnering worksites will be eligible for a worksite wellness program stipend to help build and sustain their employee wellness program.

Questions?

Contact Shiny Abraham (sabraham@nkfm.org) or Winter Freeman(wfreeman@nkfm.org).

Walking Works!

1 Lap	= 0.13 Miles
2 Laps	= 0.27 Miles
3 Laps	= 0.40 Miles
4 Laps	= 0.53 Miles
5 Laps	= 0.66 Miles
6 Laps	= 0.80 Miles
7 Laps	= 0.92 Miles
8 Laps	= 1.06 Miles



EAT CLEAN...

Choose to eat 5 to 7 servings of fresh fruits and vegetables each day!



Reward yourself with a little me time.
Take a 30 minute walk.



National Kidney Foundation®
of Michigan