

Real Employee Strength

Developed by the Allen County Health Department

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Manager's Companion

Topic: Strengthen Your Heart

As you look around your workplace, these are a few tips you as a manager can influence to support safer, healthier employees.

We promote physical activity

There are several ways to promote physical activity at your workplace:

Incorporate physical activity into meetings (stretch breaks, walking meetings, icebreakers that involve moving)	Yes	No
Identify physical activity opportunities (map out walking routes in/around the workplace, identify exercise areas/facilities, organize walking groups and other group activities)	Yes	No
Support schedules to allow physical activity (flexible work schedules, longer lunch breaks to allow for physical activity, stretch breaks incorporated into the work day)	Yes	No
Provide encouragement for physical activity (management promotes physical activity to employees, incentives that emphasize physical activity, resources available to promote physical activity – bike racks, point-of-decision prompts, wellness programs)	Yes	No

We promote healthy eating

- We have healthy snack options available in our vending machines/snack areas.
- We offer healthy food options at meetings (fresh fruit, whole grain breads, low-fat yogurt).
- Water fountains are freely available and convenient to use.

Our employees have access to blood pressure screenings

Blood pressure screenings are provided on-site or employees are referred to free blood pressure screenings in the community.