



A HEALTHY WORK ENVIRONMENT

Creating an environment that helps employees adopt and maintain healthy behaviors is key to a successful worksite health and wellness program. This infographic highlights evidence-based health promotion strategies agencies can employ to create a culture of wellness.

Take a stand. Research suggests that sitting for long periods is linked with health problems, including obesity and high blood pressure.

Stay hydrated. Getting enough water every day is important for your health.

Take the stairs. Just two minutes of stair climbing a day can prevent the pound of weight that the average American adult gains each year.

Consider healthy food choices when **hosting meetings** or office social events.

Know where to find an **Automated External Defibrillator**. AEDs could save 50,000 lives each year.

New Mothers - Use **lactation rooms** and flexible scheduling to continue to pump when returning to work.

Get a yearly **flu vaccine**. It is the single best way to prevent seasonal flu.

Get some **exercise** before or after work, or during breaks.

Wash your hands regularly to avoid getting sick and prevent the spread of germs.

Look for signs or symbols that identify **healthier food and beverage choices** in vending machines.

Choose healthy food choices during **lunch**.

Biking to work, or during breaks, is healthy, environmentally friendly, and fun.

Visit the **farmers market** to access healthy, fresh food.

Quit smoking. All Federal Employees Health Benefits plans offer 100% coverage to help you quit.

Contact your local HR office to find your agency Worksite Health & Wellness Coordinator or search OPM's Work-Life Contact Tool available at:

<https://www.opm.gov/CCLContact/>.

Sources:

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- <http://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/sitting/faq-20058005>
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- <http://www.redcross.org/prepare/location/workplace/easy-as-aed>

