



**healthy**  
by  
**design ...at work**

## Worksite Nutrition Checklist

	Already Doing	Plan to Do	N/A
Remove candy from waiting room/reception area			
Provide a clean, well-lit break room with microwave and refrigerator			
Discourage people from eating at their desks			
Provide healthy meal options at meetings held during breakfast, lunch, or dinner			
Provide healthy snack options at meetings held between meals			
Follow a healthy birthday celebration plan			
Follow a "No Dumping" policy for break rooms, to discourage people from bringing large quantities of food from home			
Provide healthy vending machine options			

**Would you like a no-cost consultation to learn how your workplace can implement these guidelines?**

**Yes**

**No**

**Business** \_\_\_\_\_

**Contact Person** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone** \_\_\_\_\_

\_\_\_\_\_

**E-mail** \_\_\_\_\_

**Make the healthy choice every day...**



**For more information about worksite nutrition, visit:**  
<http://www.healthybydesignyellowstone.org/initiatives/worksitewellness/>



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## Worksite Physical Activity Checklist

	Already Doing	Plan to Do	N/A
Provide incentives for gym memberships (discounts, cost-sharing, reimbursement)			
Promote use of alternative modes of transportation, such as bus or bike riding			
Provide trail maps or a map of walking routes and destinations around your business			
Provide locker rooms with showers for employees			
Incorporate movement into meetings, such as walking or stretching			
Offer on-site exercise classes			
Participate in community sponsored health challenges			
Encourage use of stairs by making stairwells clean, well-lit and appealing			

**What are the biggest challenges for nutrition and physical activity in your workplace?**

Make the healthy choice every day...



**hour of  
physical  
activity**

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