

Use your assessment to determine gaps and opportunities. Then establish goals and make improvements.

FOUNDATION	<p>Conduct additional environmental audit of what is offered and what is possible</p>
ENVIRONMENT	<p>Could include</p> <ul style="list-style-type: none"> • Mapped walking routes • Creation and maintenance of physical activity room/space • Access to brightly lit, aesthetically pleasing stairwells • Sit-to-stand desks/work stations • Bike racks, showers, lockers • Employee bike share • Standing height conference rooms
POLICY	<p>Draft and adopt a physical activity policy Policy provisions could include</p> <ul style="list-style-type: none"> • Dress code • Walking meetings • Employees can combine breaks for physical activity time • Flexible work schedule to allow for physical activity • Work accommodations that support physical activity • Stretch breaks for employees who perform repetitive tasks • Create and maintain a physical activity room/space • Sit-to-stand stations, walking workstations
SYSTEMS	<p>Human Resources support and training for managers/supervisors</p> <ul style="list-style-type: none"> • Training for managers to develop flexible schedules to accommodate physical activity before/during/after work • Format for holding walking meetings • Safety practices that reduce on-the-job injuries • Active transportation/commuting reimbursements
SOCIAL SUPPORT	<p>Could include</p> <ul style="list-style-type: none"> • Walking groups/clubs • Stretch breaks • Exercise classes • Challenges (activity minutes, steps, etc.) • Managers/supervisors modeling walking/standing meetings