

TIPS TO SUPPORT MOVEMENT IN MONTH OF MAY AND BEYOND!

» INTRODUCTION

Moving our bodies is good for our physical and mental health.

Employers can play an important role in supporting employees to be more active.

If you're interested in learning about how you can help keep your staff healthy and happy, check out these tips so you can be part of the movement during the Kitsap Moves campaign!

STEP 1: LAY THE GROUNDWORK

Set the Stage: Display Move Your Way® campaign fact sheets and posters around your workplace to help get people thinking about activity during their day.

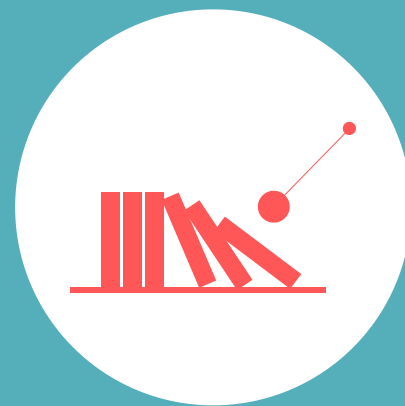
Announce Opportunity: Share the Move Your Way® Activity Planner with information about the Kitsap Moves campaign. We'll be helping promote local events and activities throughout the month of May 2023 for your company to participate in.

Publicize Your Policies: Highlight information about the workplace policies already established that support or encourage employee movement.

STEP 2: BUILD MOMENTUM

Give Permission: Inspire employees to take time for physical breaks throughout the day. There are plenty of ways to be active, even while at your desk!

Walk the Talk: Engage staff by having workplace leadership demonstrate that they're embracing movement too. Be honest about challenges you face, as these can sometimes be even more inspiring than the successes.



Evaluate Your Options: Look at ways to integrate active commuting options for employees. You can reach out to your local transit authority and/or city for additional suggestions.

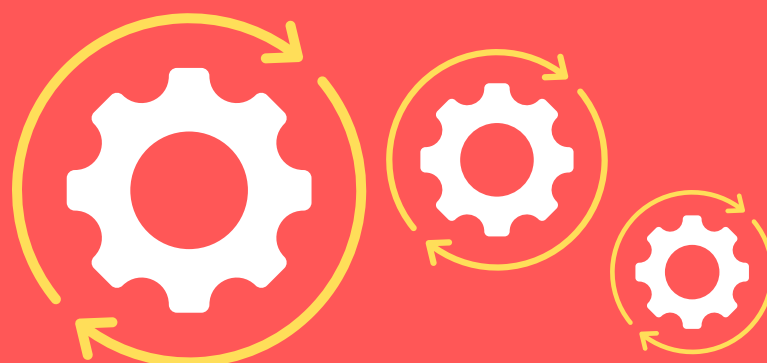
STEP 3: SOLIDIFY CHANGES

Prioritize Inclusivity: Ensure all activities can be accessed by employees, regardless of ability. Consider the diversity of cultures of all employees.

Get Feedback: Host open discussions and/or offer surveys to allow employees to provide suggestions for how policies could be updated or created to support movement.

Put it in Writing: Follow-up on the recommendations you receive from employees, and let them know that they were heard.

STEP 4: SUSTAIN THE MOVEMENT



Start a Wellness Committee: Recruit a diverse group of employees to keep the work going.

Keep it Personal and Meaningful: Take the time to celebrate individual successes. Messaging should focus on general wellness benefits (i.e., improved mental health or physical energy levels) rather than weight or appearance.

EXTRA!

Let Us Know You're In: Sign the Kitsap Moves Pledge for an opportunity to let us know all the great ways you are supporting wellness.



#KitsapMoves

Tag us on social media to show off your moves!



...or visit our webpage by scanning the QR code!