

Physical Activity

A STRATEGY TO SUPPORT EMPLOYEE & COMMUNITY HEALTH

HOW CAN WE PROMOTE PHYSICAL ACTIVITY IN OUR ORGANIZATION?

- Support employee efforts to walk, bike and take transit to work by providing bike racks, transit subsidies, and shower facilities.
- Plan 5-10 minute activity breaks in your work place to get people moving during the day.
- Organize walking groups, tai chi classes, and other exercise options at lunchtime.
- Integrate physical activity into work activities such as chair stretches, activity breaks at meetings, walking meetings and standing work stations for office work.

WE CAN HELP!

Establishing Worksite Walking Clubs and Improving Stairwells

Walking Clubs:

<http://www.cdph.ca.gov/programs/cpns/Documents/EstablishingWorksiteWalkingClubs.pdf>

Stairwells:

<http://www.cdph.ca.gov/programs/cpns/Documents/Improving%20Worksite%20Stairwells.pdf>

Physical Activity Guidelines for Americans <http://www.health.gov/paguidelines/>

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in the community



REGULAR PHYSICAL ACTIVITY CAN HELP:

- Control your weight
- Reduce your risk of cardiovascular disease
- Reduce your risk for type 2 diabetes and metabolic syndrome
- Reduce your risk for some cancers
- Strengthen your bones and muscles
- Improve your mental health and mood
- Increase your chances of living longer

(CDC 24/7: Saving Lives. Protecting People.)

SMART SOLUTION

- Join Bay Area organizations leading the nation in promoting active transportation to work and physical activity as part of the work day.
- Work with BANPAC to adopt policies that provide physical activity opportunities throughout the workday