



HR Benefits Presents

Department Wellness Pledge

Background

HR Benefits is helping County employees improve their health and overall quality of life. HR recognizes the opportunities offered in the San Luis Obispo community and is working to help employees have better access to wellness events, expedite their wellness goals, and encourage an inclusive environment.

Creating a culture of health and wellness at work is an important way to help people eat well, be physically active, foster healthier work environments, and cultivate social norms around healthier choices and behaviors. The intention of these guidelines is to provide a framework for creating a healthy environment in the workplace. **The major goal of a worksite wellness program is to make the work environment more supportive of healthy behaviors like healthy eating, being physically active, managing stress and quitting tobacco.** Use the guidelines outline below as suggestions for what you can do in your workplace

Guidelines

Beverages at meetings or in break rooms

- ✓ Make water the default beverage, preferably served in bulk containers such as a water pitcher rather than individual plastic bottles.
- ✓ Avoid offering full-calorie, sugar-sweetened beverages. Other healthier choices include:
 - Non-caloric beverages, such as coffee or tea
 - Carbonated water or iced teas, flavored or unflavored, with no added sweeteners
 - Nonfat or 1% milk or dairy free alternative (soy, rice milks, etc.)
 - 100% fruit and vegetable juices, less than 6-8 ounces per serving



Food at meetings or in break rooms

- ✓ Offer fruits and/or vegetables every time food is served.
- ✓ Offer reasonable portion sizes.
- ✓ Emphasize fruit, vegetables, whole grains, and nonfat or low fat dairy products.
- ✓ Select food, condiments and dressings which are low in fat, sodium and sugar and with no trans-fat.
- ✓ Avoid placing candy or candy bowls in the meeting space.
- ✓ Choose food that is prepared in a healthier way (grilled, baked, poached, roasted, braised, broiled, or sautéed with healthy fats) and avoid fried foods.
- ✓ Include protein foods such as skinless poultry, fish, beans, tofu, eggs, unsalted nuts or seeds.
- ✓ Remember to include a vegetarian option.

Physical Activity

- ✓ Periodically break up sitting time and encourage meeting attendees to take standing/stretch breaks as needed to diminish fatigue.
- ✓ For any meeting lasting longer than 90 minutes, incorporate a physical activity movement. Be sensitive to those attendees who may have movement limitations.
- ✓ Take the stairs
- ✓ Use your extended breaks or lunch to take a walk.

Stress Management

- ✓ Utilize Anthem EAP counseling, webinars, or lifestyle articles
- ✓ Receive regular massage treatments
- ✓ Find a hobby or activity that you enjoy
- ✓ Get enough sleep every night

