

May is Global Employee Health and Fitness Month



Whether you punch a time clock or work from home, your health is important to your workplace productivity and happiness. May is [Global Employee Health and Fitness Awareness Month](#) (GEHFM). According to the [GEHFM](#) and [Health.gov](#), the goal of this month's awareness program is to "to promote the benefits of a healthy lifestyle to employers and their employees through worksite health promotion activities and environments". Throughout this month there are programs designed to help employers and employees improve their health.

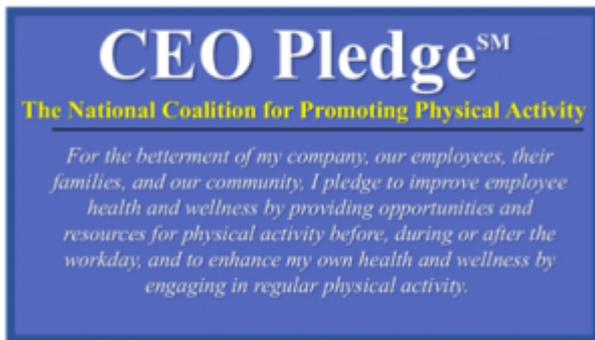
The success of these programs depends on the support and dedication that comes from the employers and executive leaders. According to [Health.gov](#), when executive leadership creates a culture of physical activity, employees are more likely to participate in wellness programs, and become more active. [The National Coalition for Promoting Physical Activity \(NCPA\)](#) has developed a CEO pledge for executive leaders to utilize as an effort to establish a culture of health and wellness.

Benefits of the CEO Pledge are:

- Employees will be healthier
- Employees will be happier and more engaged
- The organization will increase productivity
- The organization will be better positioned to recruit

and retain top talent

- The organization will be publicly recognized as a forward-thinking employer and thought leader



[The pledge](#) calls for CEOs to implement at least six strategies that fall within three categories. These categories consist of policies that address *behavioral*, *educational*, and *environmental/policy support*.

- **Behavioral Support**

- “Healthy meetings” which involve walking, stretching, or other physical activity during the meeting
- Inspirational programs such as recognition/rewards and individual or team competitions
- Buddy systems
- Sponsored walk/run events

- **Educational Support**

- Provide information
- Invite speakers
- Promote benefits of getting up and moving often

- **Environmental/Policy Support**

- Provide fitness classes onsite
- Offer reimbursement/incentives for exercise expenses
- Bike share discounts
- Longer break time
- Provide areas that support physical activity, such

as showers, bike racks, clean and safe stairways, onsite fitness areas, walking paths, and “active office” furniture.

- Allow work out friendly attire
- Brief activity breaks



Once an organization’s health and wellness goals are established, there are great desk and office [stretching exercises](#) and activities that can help promote a healthy workplace. Standing desks are becoming more popular in the workplace. This desk allows either sitting or standing to work at a computer or flat surface. Sitting for long periods of time without standing, stretching, or moving is unhealthy and contributes to a sedentary lifestyle.

[Long hours of sitting are linked with a higher risk of:](#)

- Obesity
- Diabetes
- Cardiovascular disease
- Cancer
- Premature death

[There are many benefits to a standing desk:](#)

- Comfort: standing can alleviate pressure on back, neck, and legs
- Improved focus
- Collaboration: it is easier for two people to view the

computer

- Versatility: divide time between standing and sitting



Whether you are an employer or an employee, it is important to have a happy, healthy work environment. Encourage executives and co-workers to implement and utilize physical activity and wellness programs in your workplace. May is the time to start during **Global Employee Health and Fitness Month**.

SAVE THE DATE MAY 2018

GLOBAL EMPLOYEE HEALTH & FITNESS MONTH
www.healthandfitnessmonth.org

For more information, contact GEHFM Chair Diane H. Hart at (518) 456-1958 or info@gehfm.org

Global Employee Health & Fitness Month

- ✓ Healthy groups are formed to create sustainable change
- ✓ Health & Fitness events take place to promote healthy living throughout entire company and community
- ✓ Participants log/track healthy moments & fitness activities on GEHFM website
- ✓ Employers are given tools to plan, promote and track healthy efforts

Start thinking about how your company can participate on Global Employee Health & Fitness Month! Throughout the month of MAY, employers will challenge their employees to participate in health and fitness activities.

Presented by:

NAHF
www.physicalfitness.org
Founded in 1979 by the President's Council on Physical Fitness and Sports