



## Physical Activity Well-Being Inventory

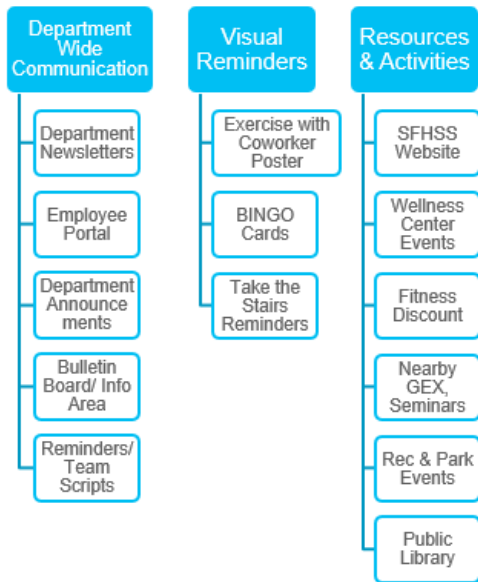
This Well-Being Inventory provides direction for departments to identify the environmental supports (resources) that exist within the workplace. Complete the worksheet below by placing a checkmark next to the appropriate response for each question.

	Yes	Considering	Unsure	N/A
<b>Physical Activity Environment</b>				
Do you provide educational seminars about ways to incorporate physical activity into employee's daily routine?				
Does your workplace encourage stair use?				
Is it convenient and safe for employees to walk/ride a bicycle to work?				
Are there designated areas to store personal bicycles?				
Do you have access to fitness equipment or classes at or near your workplace?				
Are there opportunities for employees to participate in an organized weekly walk?				
Do you promote negotiated discounts for employees who wish to exercise at an offsite fitness facility?				
Does your workplace encourage or host "active" breaks (stretch breaks) beyond the regular lunch break?				
Are there safe and accessible walking paths or trails near your worksite?				
Do you have areas mapped, indoors and/or outdoors, to encourage walking and physical activity at your workplace?				
Does your workplace provide physical activity or exercise messages to employees such as posters or brochures?				
Are walking meetings or standing meetings encouraged?				
Do workstations provide ergonomic flexibility for movement during the work day? (ie. Stand-sit desks, treadmill/bicycle workstations)				
Does your workplace have recreation equipment to encourage physical activity? (ie. Table tennis table, basketball courts, outdoor activities.)				
List any other resources that support physical activity at work:				

# WELL-BEING@WORK



## Choose at least 3 Tools:



## Timeline at least 7 Communications:



### Update Your Well-Being@Work Annual Plan:

1. Choose at least 3 raise awareness tools
2. Timeline at least 7 communications to raise awareness about physical activity and identify message/tool/activity to promote
3. Update Well-Being@Work Annual Plan

Month: \_\_\_\_\_ Tool #1: \_\_\_\_\_ Message: \_\_\_\_\_

Month: \_\_\_\_\_ Tool #2: \_\_\_\_\_ Message: \_\_\_\_\_

Month: \_\_\_\_\_ Tool #3: \_\_\_\_\_ Message: \_\_\_\_\_

Month: \_\_\_\_\_ Tool #4: \_\_\_\_\_ Message: \_\_\_\_\_

Month: \_\_\_\_\_ Tool #5: \_\_\_\_\_ Message: \_\_\_\_\_

Month: \_\_\_\_\_ Tool #6: \_\_\_\_\_ Message: \_\_\_\_\_

Month: \_\_\_\_\_ Tool #7: \_\_\_\_\_ Message: \_\_\_\_\_

Host a Pledge Day-- Month: \_\_\_\_\_