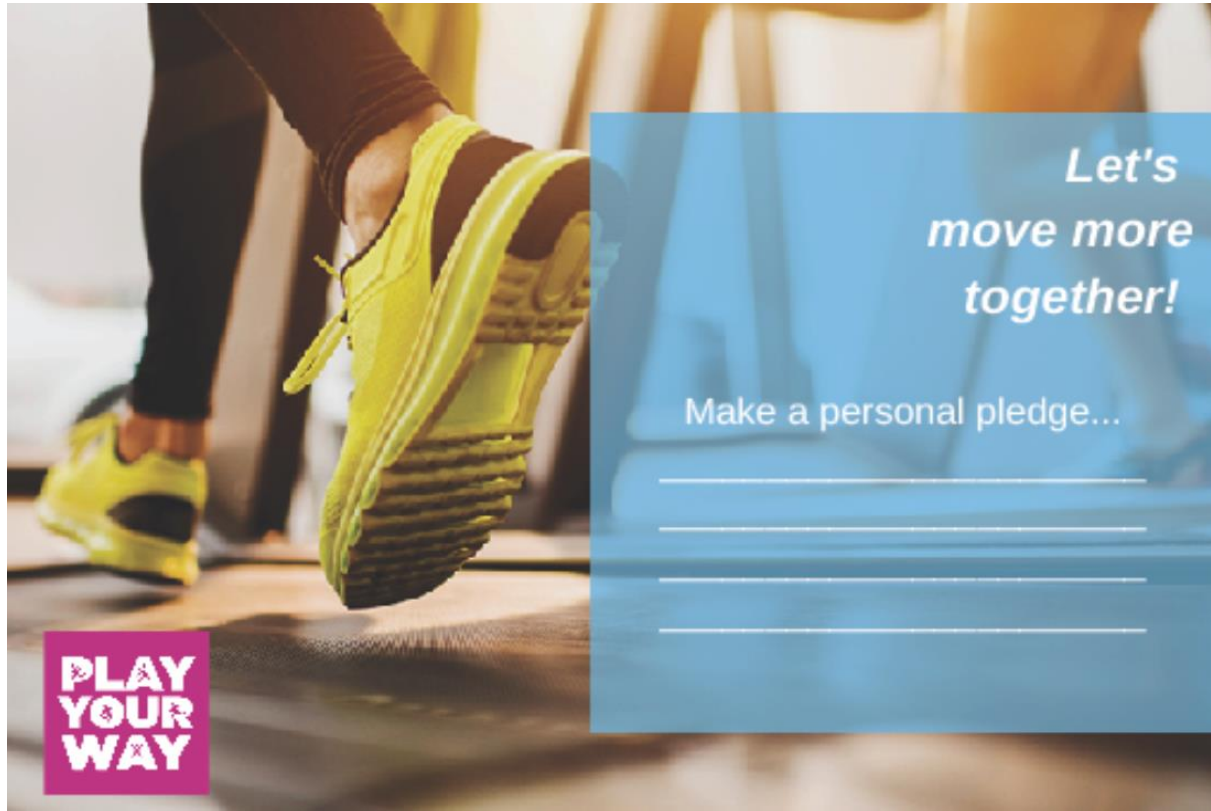


# Welcome Activity!



Fill out a Pledge Card and place it up on the wall

Complete the CityCycle Survey

**WELL-BEING@WORK**



# Play Your Way

## Raise Awareness Training

Irene Umipig, Well-Being Program Coordinator  
Lisa Ocampo, Well-Being Program Coordinator

# Introduction Activity

WELL-BEING@WORK



1. Share your Name, Department, Role (Champion or Dept. Lead), how long you've been in your role
2. Share one reason you're excited to focus on **Physical Activity @Work** this year?

# Today's Training

WELL-BEING@WORK

1. Well-Being@Work Updates
2. Play Your Way- Physical Activity Inventory
3. Play Your Way Raise Awareness Resources



# Well-Being@Work 2019 Updates

WELL-BEING@WORK

- Colorful Choices Update
  - 1309 participants (97% employees, 92% departments)
  - Submit Spotlights!
  - Take Down your Posters, replace with KAA
- Well-Being@Work
  - Annual Planning
    - ✓ Develop plan by June 15 to qualify for grants
  - Grants
    - ✓ Application – Due 8/16
    - ✓ Online Webinar
- Keep America Active
  - Registration starts June 17
  - Challenge starts July 8
  - Promotional Material Sent by Interoffice Mail

# Physical Activity: WHY?

WELL-BEING@WORK

**Studies have shown positive results when employers provide and support wellness programs such as a physical activity.**

- Results include a decrease in absenteeism, increase in productivity, and increase in retention, which leads to organizational savings.
- Providing supports also show employees that their employers are concerned about their health and well-being, which improves their attitude towards the organization and increases job satisfaction.
- Long-term impacts such as a decrease in healthcare costs.

Parks KM, Steelman LA. Organization Wellness Programs: A Meta-Analysis. Journal of Occupational Health Psychology 2008; 13(1): 58-68.

# Physical Activity: WHY @Work?

WELL-BEING@WORK

The 2015 Well-being Assessment of City and County of San Francisco employees highlighted **healthy behaviors** as the number one area for improvement.

- The average employee Health Behavior score was 57 out of 100 compared to the average for California of 67. *Physical Activity is one of the key factors driving the Healthy Behavior score.*
- 78% of employees reported wanting to be more active
- 65% of employees reported wanting to reduce their stress

# Talk to Your Group:

WELL-BEING@WORK



## DISCUSS with your Table:

What are some **challenges** that prevent employees from being physically active at your workplace?



Campaign

WELL-BEING@WORK



# Play Your Way Campaign Goals

WELL-BEING@WORK

- 1. Raise Awareness:** Promote the benefits of physical activity
- 2. Offer Programs:** Provide employees tools to support them with incorporating physical activity into their daily routine
- 3. Create a Culture:** Make it easier for employees to add more movement into their day through cultural supports at the workplace

# Assess Department Needs: Wellness Inventory

WELL-BEING@WORK

1. Complete the Wellness Inventory
2. Put a STAR next to 1-2 things that you want to work on to improve physical activity behaviors at your workplace (considering)

WELL-BEING@WORK



## 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	Considerin g	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 onsite 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:				

SAN FRANCISCO  
HEALTH SERVICE SYSTEM

[sfhss.org/well-being](https://sfhss.org/well-being)

# Talk to Your Group:

WELL-BEING@WORK



## DISCUSS:

1. Discuss 1 thing you placed a **CHECK MARK** next to in the **yes column**. How does this tool support physical activity at your workplace?
2. Discuss 1 thing you placed a **STAR** next to. Why is this important to prioritize in your physical activity efforts at the workplace?

# Raising Awareness for Physical Activity

WELL-BEING@WORK

1. **Make a commitment.** Decide on the consistency of messaging
2. **Lead by example.** When organization leaders support and model physical activity, it makes a powerful statement. *Communicate to your employees that the Department cares about their health and well-being.*
3. **Provide a variety of resources** about healthy living and physical activity. Help employees understand *why your workplace* is making an effort to promote this.
4. **Celebrate Progress.** Recognize employees, supervisors and managers that step up as leaders in promoting healthier choices.

**WELL-BEING@WORK**



# Make a Commitment:

*Decide on the consistency of messaging*

# Raise Awareness

## The rule of 7

WELL-BEING@WORK

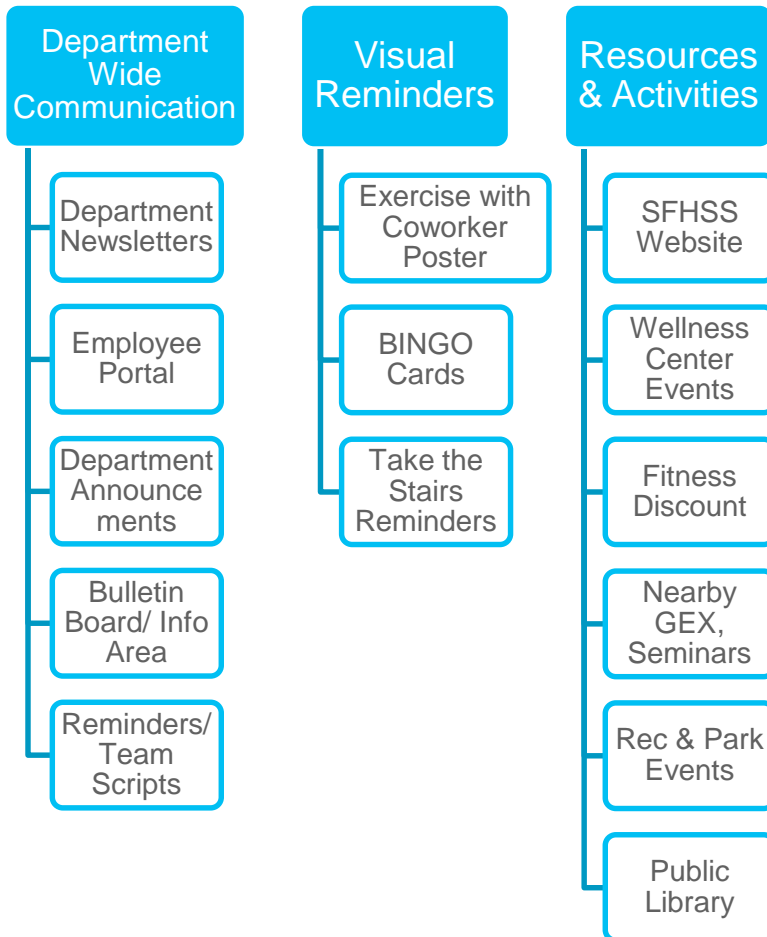




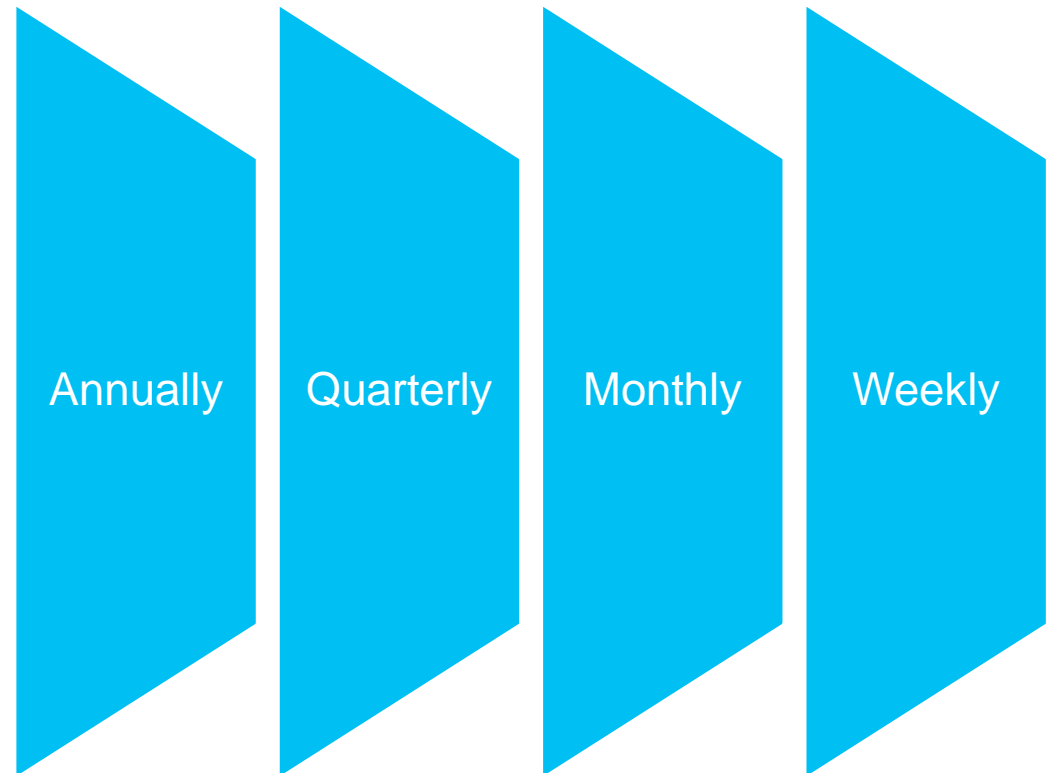
# How much is enough?

WELL-BEING@WORK

## Choose at least 3 Tools:



## Timeline at least 7 Communications:





# WELL-BEING@WORK



## Lead by Example:

*Communicate to your employees that the Department cares about their health and well-being.*

### **We provide you with tools to be able to Promote Widely:**

- Department Newsletters
- Employee Portal
- Department Announcements
- Play Your Way Reminders (Routine tips in Team Huddle Notes or Monthly Manager's Scripts)

# Examples of Department Communications

# WELL-BEING@WORK

**EMPLOYEE WELLNESS UPDATE**  
SFMTA  
May 2019

**Superfoods**  
The term "superfood" typically describes foods that are high in vitamins and antioxidants and low in fat, sugar and sodium. Eating these foods may reduce the risk of some chronic diseases. The following are good examples of "superfoods" packed with vitamins and minerals and are versatile in recipes.

- Citrus Fruits:** Oranges, tangerines, grapefruit, lemons, limes and clementines are high in vitamin C. You can use them in a salad or use the juice to replace the fat or acid in recipes.
- Green, Leafy Vegetables:** Spinach, kale, collard greens, mustard greens, watercress, arugula and other dark green leafy greens are a high source of vitamin A and C and packed with fiber. Enjoy these greens shredded in a salad, sautéed with olive oil and garlic, or added to soups or casseroles.
- Beans:** Strawberries, blueberries, blackberries and raspberries are good sources of fiber and vitamin C. Add them to cereal or oatmeal or enjoy them for a snack. Try adding them to a fresh green salad for a different taste.
- Beans:** Chickpeas, lentils, kidney beans, black beans, black-eyed peas, lentils, lima beans, pinto beans and navy beans are fat free, high in dietary fiber and a good source of folate and potassium. Enjoy them in bean burritos, black bean burgers, bean salads or bean soups.

**Bike to Work Day Thursday, May 9**  
This is the biggest biking day of the year! Join the tens of thousands of people riding their bikes to work during the 20th Annual Bike to Work Day on May 9 and turn your normal Thursday morning commute into a celebration on two wheels!

- Plan to ride your bike to work for your chance to win a Levi's Commuter Smart Jacket (a \$350 value). To register go to: [www.biketoworkday.com](http://www.biketoworkday.com)
- Join managers, volunteers and your District Supervisor in a Commuter Shave leaving from major hubs city wide.
- Drop by your nearest Energizer Station on your way to work and enjoy free coffee, snacks and giveaways! Plus, select stations will provide basic bike check-up and maintenance.

For additional details, visit [www.sfmta.org/btwd](http://www.sfmta.org/btwd)

**SFMTA Honored with SFHSS Well-being@Work Award!**  
In recognition of the agency's exemplary wellness efforts, the SFMTA has been presented with the Well-being@Work Platinum Award by the SF Health Service System (SFHSS). The SFHSS Well-being@Work Award honors City departments that are taking steps toward making employee well-being a priority in the workplace.

The wide range of SFMTA initiatives that received special attention include the SFMTA Wellness Council, separation of Wellness from locations at the Divisions, free financial/legal consultations through the SFMTA CARE Program, and the HR Employee Engagement Team's "Turntable" Thursday.

To learn more about current SFMTA wellness efforts, visit the Wellness Program internet page: [wellness.sfmta.com](http://wellness.sfmta.com)

## SFHSS Health Service System

**CATHERINE DODD WELLNESS CENTER**

**JULY 2018**  
Check out the variety of classes and special events this month at the Wellness Center. Print a copy of the [calendar](#) and share it with a colleague.

**TAKE A MINUTE TO RECHARGE**

**Reset, Relax, and RECHARGE**  
Two of the simplest ways to manage stress and increase your focus and energy are by breathing and stretching. Both activities initiate the relaxation response which slows heart rate, lowers blood pressure, and reduces tension in your muscles. And you can do them anytime, anywhere. Learn to reset, relax, and RECHARGE today!

Register and create a RECHARGE Routine from 6/25-8/5  
Find stretching and breathing videos and other resources [here](#)

**WELLNESS COACHING**  
Starts July 19th  
Get the support you need by working with the Wellness Coach one-on-one to set goals around practical strategies to help you manage stress. You will have the opportunity to develop a personalized plan and get support to help you in times of stress. Discuss obstacles and learn skills to be successful. [Register today](#) to reserve your spot

**7/25 - OFFICE ERGONOMICS**  
9:00-11:00am  
[Register Here](#)

For a complete list of trainings from July to December [click here](#).

**CLASS CANCELLATIONS**  
7/4 - HOLIDAY (All Classes)  
7/6 - Zumba at City Hall  
7/11 - Tai Chi at City Hall  
7/17 - Tai Chi at Wellness Center  
7/19 - Yoga at City Hall

**OPEN USE HOURS:**  
Chosen to do your own workout routine at the Wellness Center.  
**MTWTF 11:00-12:00 & 1:00-2:00**  
**TH 11:00-2:00**  
Open Use Hours may be unavailable due to scheduled

Home | DAAS Employee Of The Month

**DAAS Employee(s) of the Month**

**DAAS Employee(s) of the Month**

**Luciana Tsay, Elizabeth London, Lucas Swanson, Sara Hofverberg, and Krista Blyth-Gaeta**

**DAAS Wellness Committee**

DAAS has been participating in the City's Wellness program since its inception. The Department has had many enthusiastic champions during this time who brought wellness related activities to their programs. Last year, DAAS decided to form a coordinated Wellness Committee to carry out the Wellness Plan for the entire Department. Eagerly volunteering was Luciana Tsay, Elizabeth London, Lucas Swanson, Sara Hofverberg, and Krista Blyth-Gaeta.

The group began meeting and planning together during the summer of 2018 and were able to pull off an impressive amount of work during the calendar year. Their first campaign was to help staff Recharge and rejuvenate through stretching, breathing and practicing self-care. The Committee kicked off the campaign with an event in the 1650 Mission lobby, giving away fruit, campaign information, and lots of positive vibes! This model has become a mainstay of the group and it is not abnormal now to see them handing out fruit, playing music, giving away prizes and spreading joy in the lobby every few months. The Recharge campaign hit its peak with a Bridge Passport event, in which staff were invited to participate in a multi-building and floor event where staff could write gratitude cards, eat healthy food, stretch and learn about the City's EAP and recycling programs.

Other notable efforts included Play Your Way and Maintain Don't Gain campaigns, as well as a recent Blood Drive with the American Red Cross.

The group was awarded with Platinum honors by SF County's Health Services System for their work in 2018. They are off to a great start in 2019, currently promoting healthy eating through the Colorful Choices campaign and preparing for a department wide table tennis tournament this summer.

## DAAS Department of Aging and Adult Services

**Well-Being Better Every Day**  
Wellness Resources at Health Service System <http://sfhss.org/well-being>

**Physical Activity**  
Why is it important? Everyone is motivated to move for different reasons. Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life. Stop thinking about physical activity as just a trip to the gym—instead get outdoors, play with your kids, try a new walk with your dog, get social with a team sport, or do you dare to try a new movement class? There are thousands of ways to get movement into your day so that you enjoy the activity and you reap in the benefits of movement.

Health Service System has lots of ways to help you be more active.

**Group Exercise Classes**  
There are over 35 group exercise classes occurring weekly in the City. Find a group exercise class near you to add more play to your day. Classes being offered include Bootcamp, Chair Yoga, Feldenkrais, Interval Training, Pilates, Qi Gong, Tai Chi, Strong Zumba, Total Body Conditioning, Total Body Toning, Yoga, and Zumba. Find a class that interests you and give it a try. <http://www.mfhs.org/well-being/group-exercise-classes>

**Daily Challenge**  
Daily Challenge helps you feel better, increase your energy, and meet your goals one day at a time—and is a program available year-round for all SFHSS members, City and County of San Francisco employees and retirees. There are 45 different tracks and topics that range from movement to time management and more. This allows Daily Challenge to be customized so that it is just right for your 2,000 of your co-workers complete this challenge every day. <http://www.mfhs.org/well-being/daily-challenge>

**Keep America Active Challenge July 8-August 16, 2019**  
This fun filled exercise challenge lets you team up with co-workers to track your daily exercise to encourage you to meet your exercise goals. There are even drawings for prizes to help keep you motivated. Check out the Well-being website in June for more information on how to sign up.

**Safety Training Schedule**

Courses below are held at the 2323 Cesar Chavez Public Works Yard Training Facility.

Course Title	May	June	July
Asbestos, Lead & Silica	****	****	3rd (8 a.m.)
Back Safety	28th (8:30 a.m.)	25th (8:30 a.m.)	30th (8:30 a.m.)
Confined Space Entry	21st (8 a.m.)	18th (8 a.m.)	16th (8 a.m.)
Excavation/Trenching	****	19th (8 a.m.)	****
Fall Protection	15th (7:30 a.m.)	****	****
Health & Safety Orientation for New Field Employees	****	5th (8 a.m.)	****
Personal Protective Equipment	30th (8 a.m.)	****	31st (8 a.m.)
Safety Handling Hazardous Chemicals/Water	****	****	23rd (8 a.m.)
Traffic Control	7th (7:30 a.m.)	4th (7:30 a.m.)	2nd (7:30 a.m.)

Courses below are held at 30 Van Ness, 3rd Floor

Course Title	May	June	July
Adjusting Your Workstation	7th (8 a.m.)	11th (8 a.m.)	15th (8 a.m.)
Construction & Safety Review	16th (8:30 a.m.)	****	11th (8:30 a.m.)
Health & Safety Orientation for Office Employees	15th (8 a.m.)	****	17th (8 a.m.)
Health & Safety Orientation for New Field Employees	****	18th (8 a.m.)	20th (8 a.m.)

Notify your supervisor contact EHS if you are interested in attending a class.

**We Welcome Your Feedback**  
Please call Central Services Bureau, Environmental Health and Safety at 415-841-2604 with questions and suggestions.

Health, Safety & Well-Being 8 May 2019

## SAN FRANCISCO HEALTH SERVICE SYSTEM

# Raise Awareness Dedicated Bulletin Board

## WELL-BEING@WORK

Identify  
bulletin boards  
for posting





# Raise Awareness Information Area

WELL-BEING@WORK

## No Bulletin Board?

- Provide resources at an information area using a sign stand or brochure holder



# Play Your Way Reminders

Monthly blurbs that provide tips to encourage movement at the workplace:

1. Team Meetings
2. All-Staff Meetings
3. Huddle boards
4. Team Round Tables

### PLAY YOUR WAY

**Department Newsletter/Employee Portal (Play Your Way Reminders):**  
*Promote simple ways to add movement into your day*

#### **It's time to Play Your Way!**

Not only can moving more make us healthier, but can also improve our energy, productivity and mood. Our department is committed to well-being at our workplace. This year, our focus is to encourage physical activity and active breaks during the work-day.

#### **Monthly Tips:**

1. **January-** Take the stairs, instead of the elevator
2. **February-** Find a walking buddy and aim to go for a walk once a week—and then slowly add more days as you start to find a routine
3. **March-** Make time for an active stretch break. SFHSS has a great stretch video you can find on their website [sfhss.org/well-being](http://sfhss.org/well-being)
4. **April-** Come to me if you're interested in having a stretch band at your workstation. I have some to give away and I hope you'll pick one up!
5. **May-** Try a nearby exercise class. Check out the [SFHSS Well-Being Calendar](#)
6. **June-** Instead of using the breakroom or restroom nearest your workstation, use one farther away, maybe even on another floor – and take the stairs each time you go.
7. **July-** If you sit at a desk, make it a habit to stand up every time you make or answer a phone call. March in place or pace in a circle to keep moving.
8. **August-** Stuck on a long call or need an energizing break? Stand up and do some basic strength and balance exercises, like squats, desk push-ups, wall sits, calf raises, tree pose and chair pose.
9. **September-** Keep small hand weights or a resistance band at your desk for bicep curls, lateral raises, rows, and overhead presses. Watch demos online or work with a fitness trainer to make sure you're doing exercises correctly to avoid injury.
10. **October-** Walk to a coworker's desk or office to talk instead of using email, IM or the phone. The personal interaction is an added bonus!
11. **November-** Join or start a recreational sports league at your workplace.
12. **December-** Get off the bus or train a few blocks early and walk the rest of the way to work or home. If you drive to work, park as far away from the entrance as you can.

# Choose your Tools:

# WELL-BEING@WORK

**Planning Worksheet:**  
Circle the Department communications that you have at your workplace

*You will be provided with templates to communicate with your employees through those platforms*



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: _____		

# WELL-BEING@WORK



Provide a variety of resources:

*Help employees understand WHY your workplace is making an effort to promote physical activity*



# Visual Reminders

WELL-BEING@WORK

Use the following tools by placing them up in highly visible areas.

## Tips for visual reminders:

1. Utilize all shared areas
2. Check posting regulations
3. Rotate material throughout the year



# Raise Awareness Visual Reminders

WELL-BEING@WORK

## Exercise with Your Coworker Poster



### 5 WAYS TO EXERCISE WITH A COWORKER

Being active can energize your mind and body throughout the day. Grab a coworker and make play a part of your day.



#### WALK THE TALK

Take a walk together with coworkers after lunch or during a break to get your steps in. Keep it interesting by walking different routes, taking the stairs, or trying new stretches to warm up.



#### ENERGIZE YOUR MEETINGS

Make time for physical activity during meetings. Take meetings on the road with a walk, or stand for part of the meeting. Break up longer meetings with a quick stretch or other energizing movements.



#### TRAIN TOGETHER

Hit the gym with a coworker before or after work or take a fitness class at SFHSS together\*. Even if you can't be active together, you can train together for an event, like a 5k run, and keep each other motivated.



#### BRING RECESS BACK

Create your own *Instant Recess* by setting up a specific time and place each day to be active with your coworkers. Have someone lead the group through some simple exercises, stretches, or find a quick exercise video to do together.



#### CHALLENGE EACH OTHER

Set up a friendly competition with your colleagues that centers around physical activity. Who can get the most steps in a day? Who can get to the gym the most number of days in a week? Who can take the stairs the most in a month?

Better Every Day. SAN FRANCISCO HEALTH SERVICE SYSTEM

\*Visit [sfhss.org/well-being](http://sfhss.org/well-being) for more information and activities.

# Raise Awareness: Encourage Movement



















WELL-BEING@WORK

## Activity BINGO Cards

PLAY  
YOUR  
WAY

# ACTIVITY BINGO

NAME: \_\_\_\_\_

B	I	N	G	O
 Wall sitting squats 1 min each, 3 reps	 Stapler bicep curl 1 min each, 5 reps	 Get off one bus/subway stop earlier and walk to destination	 Stationary jog at your desk 2 mins	 10 Call raises
 Swivel chair core workout 10 times side to side	 10 Seated leg raises	 Take the stairs instead of the elevator	 10 Lunges each leg	 10 Side leg lifts each leg
 Take a 10 min break to walk	 Stand up when answering a phone call	 10 Arm raises	 10 Jumping jacks	 Hip flexion chair stretch 10 Sec each side
 Park your car farther away	 10 Modified push-ups on a desk or the wall	 10 Chair tricep dips	 1 min high knee bends	 Skip the email, walk to your coworker
 10 Squats	 1 min jump rope	 Take the longer route to the printer	 5 Arm circles in a chair	 10 Shoulder shrugs

Better Every Day. SAN FRANCISCO HEALTH SERVICE SYSTEM
Visit [sfhss.org/well-being](http://sfhss.org/well-being) for more information and activities

# Raise Awareness: Encourage Movement

WELL-BEING@WORK

## Take the Stairs Reminders



**PLAY YOUR WAY**

**Burn Calories,  
Not Electricity!**

**Take the stairs.**

Skip the elevator. Walking up the stairs few minutes per day helps to prevent weight gain and put steps in your day. It also helps the environment by saving electricity!

[sfhss.org/well-being](http://sfhss.org/well-being)

# Talk to Your Group:

WELL-BEING@WORK



## DISCUSS:

How would you use these tools?

**PLAY YOUR WAY** **5 WAYS TO EXERCISE WITH A COWORKER**

Being active can energize your mind and body throughout the day. Grab a coworker and make play a part of your day.

- WALK THE TALK**  
Take a walk together with coworkers after lunch or during a break to get your steps in. Keep it interesting by walking different routes, taking the stairs, or trying new stretches to warm up.
- ENERGIZE YOUR MEETINGS**  
Make time for physical activity during meetings. Take meetings on the road with a walk, or stand for part of the meeting. Break up longer meetings with a quick stretch or other energizing movements.
- TRAIN TOGETHER**  
Hit the gym with a coworker before or after work or take a fitness class at SFHSS together\*. Even if you can't be active together, you can train together for an event, like a 5k run, and keep each other motivated.
- BRING RECESS BACK**  
Create your own *Instant Recess* by setting up a specific time and place each day to be active with your coworkers. Have someone lead the group through some simple exercises, stretches, or find a quick exercise video to do together.
- CHALLENGE EACH OTHER**  
Set up a friendly competition with your colleagues that centers around physical activity. Who can get the most steps in a day? Who can get to the gym the most number of days in a week? Who can take the stairs the most in a month?

BETTER EVERY DAY. HEALTH SERVICE SYSTEM. Visit sfhss.org/well-being for more information and activities.

**PLAY YOUR WAY** **ACTIVITY BINGO**

NAME: \_\_\_\_\_

<b>B</b> Walk using stairs 1 min each, 3 reps	<b>I</b> Stagger hump cart 1 min each, 5 reps	<b>N</b> Get off one floor early step earlier and walk to destination	<b>G</b> Stationary bike at your desk 3 mins	<b>O</b> 10 Calf raises
Stand their core workout 10 times each side	10 Seated leg raises	Take the stairs instead of the elevator	10 Lunges each leg	10 Side leg lifts each leg
Take a 10 min break to walk	Stand up about answering a phone call	10 Arm raises	10 Jumping jacks	Hit the stair cases 10 sec each side
Park your car farther away	10 Modified push-ups on a desk at the desk	10 Chair tippy dips	1 min high knee bends	Skip the email, walk to your coworker
10 Squats	1 min jump rope	Take the trash can to the printer	5 Arm circles in a chair	10 Shoulder shrugs

BETTER EVERY DAY. HEALTH SERVICE SYSTEM. Visit sfhss.org/well-being for more information and activities.

**PLAY YOUR WAY** **Burn Calories, Not Electricity!**

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[sfhss.org/well-being](http://sfhss.org/well-being)

- Promote resources
- Encourage activities at or nearby your workplace
- Highlight environmental supports (refer to wellness inventory)





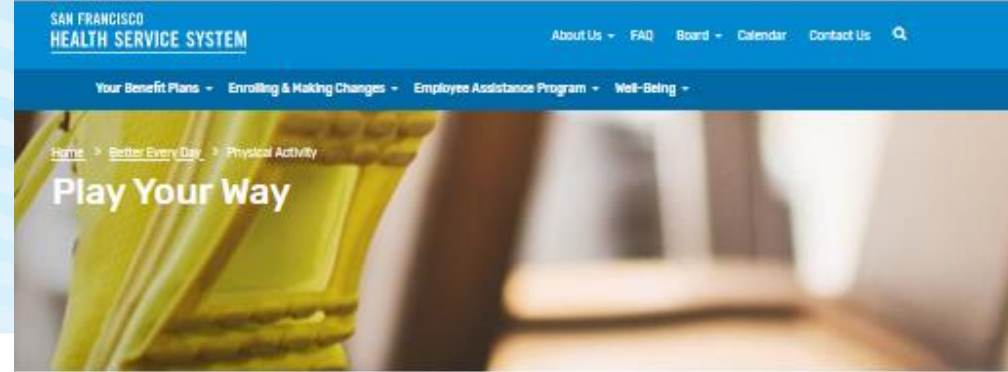
# Raise Awareness Web Resources

SFHSS Well-Being  
Physical Activity  
Resources:

[sfhss.org/well-being/physical-activity](https://sfhss.org/well-being/physical-activity)

Fitness Discounts &  
Resources from our health  
plan partners:

<http://sfhss.org/Using-Your-Benefits/using-your-benefits-employees/>



## Physical Activity

### Why it's Important

Everyone is motivated to move for different reasons. Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life.

Stop thinking about physical activity as just a trip to the gym—instead get outdoors, play with your kids, try a new walk with your dog, get social with a team sport, or do you dare to try a new movement class? There are thousands of ways to get movement into your day so that you enjoy the activity and you reap the benefits of movement.



### Group Exercise Classes

There are over 35 group exercise classes occurring weekly in the City. Find a group exercise class near you to add more play to your day.



### Healthy Weight Program

Your weight is more than just a number on a scale. This 7-week program will help you learn how to reach your healthy weight goals. Learn more about the program.



### Daily Challenge

The Daily Challenge has 45 different tracks to help you establish healthy habits. Choose the track that will help you develop healthy eating habits that you can keep! Find the track that's right for you.



### Keep America Active

Coming Soon!

Watch Judy's story about how she makes healthy choices.



Find additional physical activity resources:



# Raise Awareness Citywide Activities

**WELL-BEING@WORK**

Group Exercise Classes:

<http://sfhss.org/events>

Wellness Center Events:

<http://sfhss.org/well-being/wellness-center>

SF Recreation & Parks

<https://sfrecpark.org/>

SF Public Library:

<https://sfpl.org/index.php>





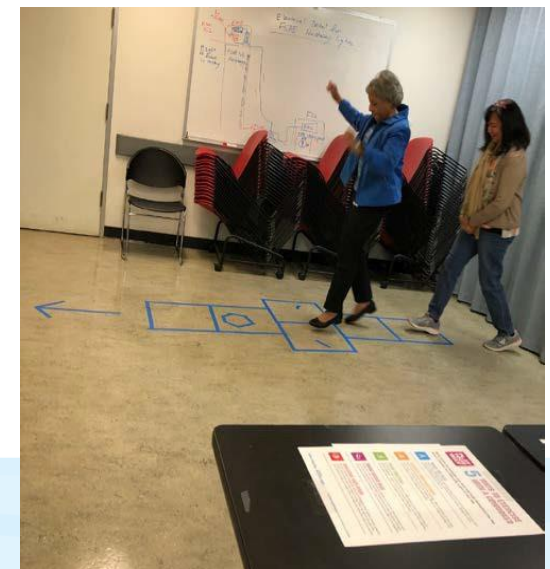
# Raise Awareness

## Host a Launch Event

WELL-BEING@WORK

A Launch Event is an awareness raising event that helps to:

- Promote tools and resources aimed to help be more active
- Reinforces department commitment to healthy behaviors
- Allows employees opportunity to practice/explore movement during the workday



# Keep America Active

WELL-BEING@WORK

## Registration Opens June 17

Encourage registration with a Launch Event:

- Host an activity
- Provide fruit
- Distribute registration postcards

**PLAY YOUR WAY**

**MAKE PLAY A PART OF YOUR DAY  
TAKE THE KEEP AMERICA ACTIVE CHALLENGE!**

- REGISTER FOR THE CHALLENGE**
- JOIN A TEAM OR PARTICIPATE ON YOUR OWN**
- LOG YOUR ACTIVITY DAILY\***  
\*Optional. Sync your Fitbit®, Garmin®, Apple Health®, and Your®.

Keep America Active starts July 8.  
Register today at [sfhss.org/well-being](https://sfhss.org/well-being).

**KEEP AMERICA active**  
Better Every Day. SAN FRANCISCO HEALTH SERVICE SYSTEM

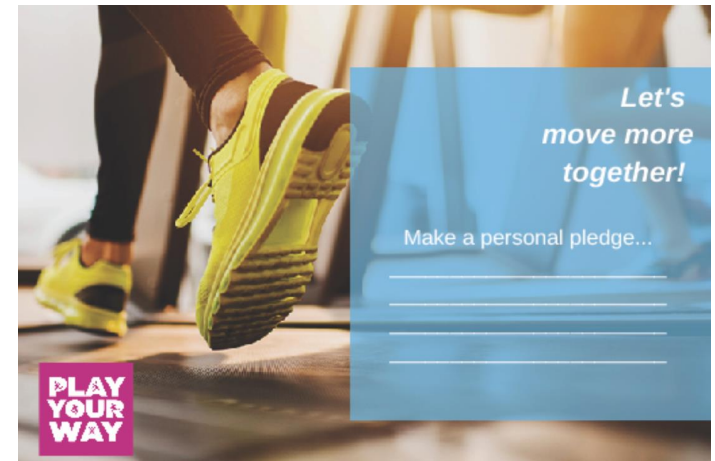
# Play Your Way Pledge Day

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Have everyone sign a community pledge!

Pledge is made available at an all-staff meeting.

*Be sure that Managers and Supervisors sign first and discuss this in advance.*



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# Celebrate Progress:

*Recognize employees and leaders that help to  
promote healthy choices*



# Play Your Way: Recognition Tool

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## Celebrate Your Wins!

- Post on a bulletin board
- Formally present at a team meeting
- Give individually, encourage participants to post in their workspace



# Celebrate & Recognize Physical Activity Supports

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Provide recognition prizes for those who support the promotional efforts for physical activity at the workplace:



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# Next Steps

# Update Well-Being Annual Plan

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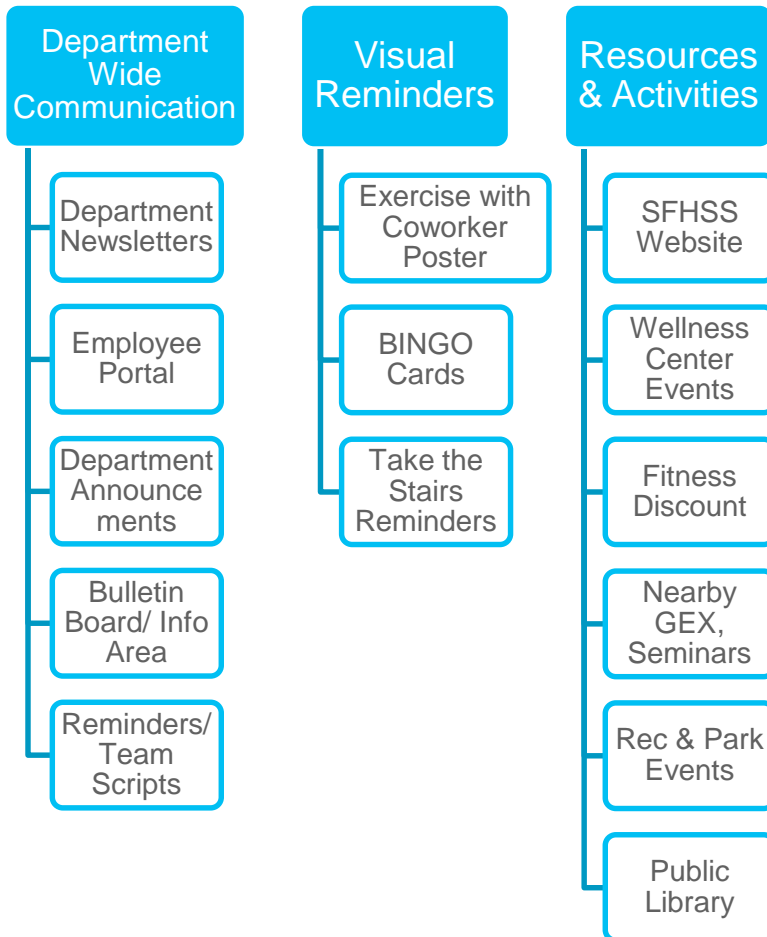
Focus Area	Targets and Timelines	Annual Plan	Notes/Next Steps
Raise Awareness	June	<b>Best Practice-</b> <b>Promote City-Wide Challenge:</b> Posters, deskdrops and email templates to be provided by SFHSS	Keep America Active Challenge
Raise Awareness	November	<b>Best Practice-</b> <b>Promote City-Wide Challenge:</b> Posters, deskdrops and email templates to be provided by SFHSS	RECHARGE Challenge
Raise Awareness	2020	<b>Best Practice-</b> <b>Promote City-Wide Challenge:</b> Posters, deskdrops and email templates to be provided by SFHSS	Colorful Choices Challenge
Raise Awareness	October/November	<b>Best Practice-</b> <b>Promote City-Wide Challenge:</b> Posters, deskdrops and email templates to be provided by SFHSS	Flu Prevention Campaign
Raise Awareness		<b>Promote:</b> Select a month to highlight this resource	<a href="#">Date(s), Identify Nearby resource/activity</a>
Raise Awareness		<b>Schedule and Implement at least 7 Communication Efforts:</b> Choose tool during June Raise Awareness training, identify a month to promote this tool	<a href="#">Date, Identify department-wide communication #1</a>
Raise Awareness		<b>Schedule and Implement at least 7 Communication Efforts:</b> Choose tool during June Raise Awareness training, identify a month to promote this tool	<a href="#">Date, Identify department-wide communication #2</a>
Raise Awareness		<b>Schedule and Implement at least 7 Communication Efforts:</b> Choose tool during June Raise Awareness training, identify a month to promote this tool	<a href="#">Date, Identify department-wide communication #3</a>
Raise Awareness		<b>Schedule and Implement at least 7 Communication Efforts:</b> Choose tool during June Raise Awareness training, identify a month to promote this tool	<a href="#">Date, Identify department-wide communication #4</a>
Raise Awareness		<b>Schedule and Implement at least 7 Communication Efforts:</b> Choose tool during June Raise Awareness training, identify a month to promote this tool	<a href="#">Date, Identify department-wide communication #5</a>
Raise Awareness		<b>Schedule and Implement at least 7 Communication Efforts:</b> Choose tool during June Raise Awareness training, identify a month to promote this tool	<a href="#">Date, Identify department-wide communication #6</a>
Raise Awareness		<b>Schedule and Implement at least 7 Communication Efforts:</b> Choose tool during June Raise Awareness training, identify a month to promote this tool	<a href="#">Date, Identify department-wide communication #7</a>
Raise Awareness		<b>Department Led Activity:</b> Organize community pledge activity	<a href="#">Date, Community pledge activity</a>



# Update Well-Being@Work Annual Plan

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Choose at least 3 Tools:



Timeline at least 7 Communications:

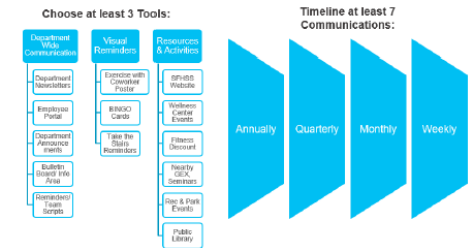


# Play Your Way:

# WELL-BEING@WORK

## What will you do next?

1. Select Raise Awareness tools TODAY
  - ✓ Choose at least 3 tools to promote topic
  - ✓ Identify resources to promote from wellness inventory
2. Develop a timeline for Raise Awareness communications
  - ✓ Outline at least 7 department wide communications
  - ✓ Host a pledge day
3. Request activities and incentives as needed
  - ✓ No activity requests for October



**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: _____		