



Livingston County Healthy Worksite

Practice/Policy



Our organization/business: _____ cares about the health of our employees. Healthy choices may prevent diseases, help people fuel their bodies, and support feeling well at home and at work.

We support healthy meetings (which includes internal and external potlucks, catered activities, community-sponsored events, birthday breaks, staff meetings and retreats, etc.)

Therefore, effective _____ (*today's date*), it is the practice/policy of this worksite to ensure the following:

- **Beverages:**

- Water must be available at all meetings where beverages are provided
- 50% of other beverages provided will come from the following categories: 100% fruit or vegetable juice containing no caloric sweeteners OR non-fat or low-fat milk or dairy-free alternatives.

- **Foods:**

- A fruit or vegetable (or healthy option) will be available at all activities, events and meetings in which food is served.

Physical Activity: Also, our organization/business will incorporate physical activity into meetings (unless physical activity is already part of the meeting) through the following strategies:

- Meetings less than one hour:
 - Have at least one stretch break (**added into meeting and/or Zoom agenda templates**) in which participants are encouraged to stand up (if able) and briefly stretch (even as the agenda continues).
- Meetings of more than one hour:
 - Have a 5-10 minute physical activity break for every two hours of meeting time.
- Consider walking meetings, if feasible.

Leadership Commitment:

☐ By clicking this box, I pledge to:

- Provide leadership support verbally and in written format to encourage employees to be active in overall wellness activities;
- Be a role model for wellness by doing activities like taking walking breaks;
- Positively support and follow this Healthy Worksite Practice/Policy.

Leader's Name (please print)

Title

Leader's Signature

Organization

This document is edit-able to fit your organization. Please contact us for assistance.

Please complete and share with employees and also send a copy to:

kruliffson@co.livingston.ny.us or

Health Education Department, Livingston County Department of Health,

2 Murray Hill Drive, Mt. Morris, NY 14510

585-243-7270