



Creating a Culture of Wellness – A Quick Inventory

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Physical Activity: Our organization (please check all that apply):

- Promotes community based fitness centers and walking trails
- Offers reimbursement for offsite physical fitness facilities
- Offers an onsite physical fitness facility
- Offers peer support groups, mentoring/ coaching opportunities
- Promotes community resources
- Provides employees with internet/ intranet site that includes Physical Activity educational information



Tobacco Use – our organization (please check all that apply):

- Reimburses for tobacco cessation courses
- Prohibits the hiring of tobacco users
- Offers peer support groups, mentoring/ coaching opportunities
- Promotes community resources
- Provides employees with internet/ intranet site that includes Tobacco Use educational info



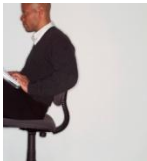
Nutrition/Weight Management - Our organization (check all that apply):

- Offers healthy food options in vending machines
- Has an onsite cafeteria that offers health food options
- Offers peer support groups, mentoring/ coaching opportunities
- Promotes community resources
- Provides employees with internet/ intranet site that includes Nutrition/Weight Management educational information



Workstation/Ergonomics - Our organization (check all that apply):

- Provides our employees with information on ergonomic issues
- Ensures all workstations are ergonomically sound
- Monitors our facility's heating, lighting, and ventilation
- Incorporates stretch and fitness breaks throughout the day
- Utilizes community resources
- Provides employees with internet/intranet site that includes Workstation/Ergo educational info



Stress Management - Our organization (check all that apply):

- Offers assistance to help employees address issues on stress management
- Offers peer support groups, mentoring/ coaching opportunities
- Offers "Well Days" off for our employees
- Provides employees with internet/intranet site that includes Stress Management educational info
- Offers employee counseling for other work/ family issues
- Promotes community resources



Alcohol/Drugs - in addition to our formal alcohol/drug policy, our organization (check all that apply):

- Offers peer support groups and mentoring opportunities
- Offers employee counseling for alcohol or drug related problems
- Requires a drug test prior to employment
- Promotes community resources
- Provides employees with an internet/ intranet site that includes Alcohol/Drugs educational information



For More information on how to create a culture of health, reduce healthcare utilization and have healthier, more productive employees contact gail@fitnessforlifecoaching.com or call 603.548.5554.