

Healthy Eating Active Living Resources for Work Sites

“Healthy Employees Mean Productive Employees”

Active Transportation

Bike Commuting-Commuting to work is a wonderful way to get your exercise and travel at the same time, for a fun virtual Challenge visit this website: <http://masscommutebicyclechallenge.org>

NuRides-A fun idea and tool to track bike commutes. This would be a great approach to use at worksite-employees track work and work-related commutes and incentives/prizes given to those that reach the most miles within a certain time. Mass in Motion may have small incentives to share with work sites. Celebrate bike to work week with a healthy breakfast on Friday. Visit this website for more info: <https://www.nuride.com/>

MassRides-Pre-Tax Benefits- Work with your employer to implement tax benefit program to offer financial incentives if you bicycle commute to work. nbCC is working on implementing this now! Get more information: <https://commute.com/employer-options/tax-benefits>

Healthy Eating

Healthy Meeting Guidelines- See packet attached, also uploaded to MFC website

Healthy Pot Lucks- Organize healthy pot lucks for work place staff/employee meetings. Examples:

- Only Vegetarian dishes
- Each person bring in a dish using a different color vegetable
- Making different salads
- Challenge employees as to how many vegetables they can use in one dish
- There are so many more ideas online as well!

Purchase employee lunches at the Healthy Dining Restaurants in North Adams- See list on the MFC Website, under resources

Challenges to organize at the Work Place

- *Gallon Challenge*- Start Drinking H2O at 7am-10pm on the hour- Team Ambassador reminds in person at work and via text outside of work
- *Push Up Challenge*- Choose a certain amount of time (days, weeks, month) to build up to a certain number of push ups, completing so many push ups each day leading up to your goal number.
- *Squat Challenge*- same as push up challenge except squats

- *Plank Challenge*- same as plank challenge except plank, and using time holding plank versus repetitions of exercise.
- *Sit on an exercise ball* instead of a chair
- *45 and 2 Fitness Break Challenge* – 45 minutes on, 2 min fitness break, set a timer to help with this throughout the workday. Google Fitness Break exercises for lots of ideas! You can use these blanks to practice your push-ups, planks, squats, etc. for your challenges.
 - Do a quick set of stairs at your place of work
 - Walk the halls
 - Dynamic stretching
 - Many more...

Help implement health and wellness policies at your place of work.

Use lunch break to exercise:

- Go for a walk, run or bike ride
- Take a lunchtime exercise/fitness class, there are some that take place right here in North Adams and during the MFC too.

Hold walking meetings

*During the Challenge, the Team ambassador can be helpful at implementing these, reminding the team, encouraging and promoting everyone to be involved as well. If you need more information Amanda can recommend great work sites that have implemented a lot listed above because of the MFC!