

6 STEPS TOWARDS A HEALTHIER WORKSITE

Eat Well

- 1 Choose healthy foods to share at meetings.
- 2 Work with nearby food pantries and farming programs.

Move More

- 3 Encourage taking breaks to move around and have active meetings.
- 4 Inspire employees to set and achieve personal and team goals.

Live Smoke-Free

- 5 Add smoke-free signs around the building.
- 6 Promote the NY-QUITS support line.



**SCAN TO LEARN
MORE TIPS AND
RESOURCES:**

