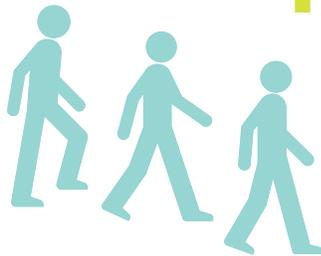


Workplace Wellness. **PHYSICAL ACTIVITY.**

MN Department of Transportation in Baxter has implemented a mandatory stretching/exercise regime for all employees resulting in reduction of lost time, injuries, and workers compensation costs

STATISTIC:

2 out of 3 adults are not meeting the recommended moderate or vigorous physical activity recommendations*



*Crow Wing County Health Survey Results, March 2015

Our bodies are designed for movement but modern technological advancements have changed our world and our living environments to such an extent that many of us often find ourselves sitting for more than 9.5 hours a day. Sitting for extended periods of time increase our risk of cardiovascular disease, lowers HDL (good) cholesterol, increased insulin issues, weight gain and some cancers.

Why encourage physical activity?

On average, Americans spend approximately **8.8 hours a day on work related activities**. This is more than any other single aspect of their day. **The health of workers is tied to the health and productivity of the workplace.**

EXPECTED OUTCOMES FOR YOUR BUSINESS

- Achieve employee satisfaction
- Maximize productivity
- Minimize absenteeism
- Manage healthcare costs

What have Crow Wing County businesses implemented to encourage employees to be physically active?

Area businesses have taken steps to help their employees make the healthy choice, the easy choice:

- Crow Wing County: Implemented walking meetings and a Fitbit program that encourages employees to be active.
- Essentia Health/St. Joseph Medical Center: Refreshed the stairwell to encourage more use and installed signage to motivate employees to take the stairs more often.
- City of Brainerd: Installed walking trail signage around downtown to encourage walking during lunch breaks.



Minimal cost ideas

- Host a friendly fitness competition
- Allow employees an extra 15 minute break to be used solely for walking
- Brighten up a stairway to encourage more use
- Convert an unused meeting room into a multi-use space and add donated exercise equipment to it
- Invest in sit-to-stand workstations

For more information on how to implement physical activity strategies in the workplace or to share tactics that your business practices, please contact:

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