

# How to Support Physical Activity and Wellness in and Around the Workplace

Workplace wellness doesn't begin and end at the office. Here are some state and local strategies supporting wellness in and around the workplace.

## POLICIES FOR RAISING AWARENESS



Bike to Work



Walk@Lunch

## POLICIES FOR GOVERNMENT AGENCIES



Workplace Wellness Councils



Workplace Wellness Programs for Government Workers



Paid Time for Physical Activity

## POLICIES FOR BUSINESSES



Tax Credits for Workplace Wellness

## POLICIES FOR COMMUNITIES



Complete Streets



Comprehensive Plans



Zoning



Transportation Demand Management

MARKET

Fresh Produce

Cafe

PHARMACY