THE STORY OF
Alex & Riley
THER JOBS MAY BE DIFFERENT, 
BUT THEIR LIVES HAVE
A LOT IN COMMON...

EVERY MORNING...

GOOD MORNING... THIS IS
BREAKFAST RADIO...

5:45 AM

ALTHOUGH THEY LIVE LESS THAN 10 MILES FROM 
THEIR OFFICES, THEY DRIVE NEARLY AN HOUR TO 
WORK BECAUSE THERE ARE NO BIKE Lanes OR 
PUBLIC TRANSPORTATION.

FOLLOWING A STRESSFUL COMMUTE, THEY
START THEIR DAY WITH A LARGE COFFEE WITH 
CREAM AND SUGAR OR A CAFFEINATED SODA.

FOR THE NEXT
4 HOURS, RILEY
SITS ANSWERING
PHONE CALLS FROM 
CUSTOMERS...

AND ALEX – A SOCIAL 
WORKER – MEETS 
WITH CLIENTS.

HELLO, CUSTOMER 
SERVICE, HOW CAN 
I HELP YOU?

HOW ARE YOU 
DOING TODAY?

AT LUNCH TIME, ALEX GOES TO THE VENDING 
MACHINE BECAUSE THERE AREN’T ANY NEARBY 
RESTAURANTS...

AND, EVEN THOUGH RILEY’S WORKPLACE 
IS LESS THAN A MILE AWAY FROM THE 
CLOSEST RESTAURANT, SHE HAS TO DRIVE 
BECAUSE THERE ARE NO SIDEWALKS AND 
IT’S DANGEROUS TO WALK.

To learn more, visit: www.changelabsolutions.org/workplace-wellness
They return & eat their lunches at their desks.

Alex spends the afternoon on the phone with clients... and Riley sits in a company training. They both leave work around 5 PM.

They arrive home at 6:30 PM after picking up their kids. There’s so much to do before they crawl into bed... just before midnight.

How do we support physical activity and wellness in and around the workplace? Let’s get started.

Yet, 4 in 5 adults are not getting even that much physical activity.3

Physical activity increases our productivity and reduces our risk of depression, diabetes, heart disease, cancer, and early death.1

Why am I having so much trouble concentrating at work?

HHS recommends that adults participate in at least 150 minutes of moderate-intensity aerobic activity and 2 days or more of muscle-strengthening activities every week.2

Can we make the appointment on Saturday?

I need help with my homework.

Oh no, I forgot to send that email!

I’m hungry!

Which is far short of what is recommended.

Healthy Food & Drink

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