




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

