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

POLICIES FOR **RAISING AWARENESS**



Bike to Work

Walk@Lunch



ChangeLabSolutions



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



Learn more at changelabsolutions.org/workplace-wellness

This publication was supported by Cooperative Agreement Number 3U38OT000141-03S1 awarded to ChangeLab Solutions and funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services. ChangeLab Solutions is a nonprofit organization that provides legal information on matters relating to public health. The legal information in this document does not constitute legal advice or legal representation. For legal advice, readers are advised to consult a lawyer in their state. © 2017 ChangeLab Solutions