Promotion of healthy messages supports employees to maintain or improve their health and wellness during work hours as well as outside of work. These messages can be used in various communication channels such as emails, newsletters, bulletin boards, intranet pages, or social media posts.

**Move More**
- Stair climbing and other small bursts of physical activity during the work day can add up to 1 hour or more of daily physical activity!
- Get more daily activity by taking the stairs! If you have a choice, always take the stairs. If you have stairs, take as many trips up and down as possible.
- Get more daily activity by walking around throughout the day. There's no need to sit still while you talk on the phone or think. Pacing is physical activity.
- Wear a fitness tracker: Since every step counts, wearing a fitness tracker can be motivating to move more during your workday.
- Take small steps to help make health a priority. Small changes make a big difference over time!
- Incorporate the walking into activities you would be doing anyway – park further away from the door at the office or when running errands. Studies have shown that people are most likely to stick to exercise when it is part of their daily routine.
- Along with its benefits to the heart, walking:
  - increases happiness
  - strengthens the immune system
  - helps prevent osteoporosis
  - helps prevent and control type 2 diabetes
- Challenge yourself to take the stairs all day today. If it is not possible to take the stairs, challenge yourself to pick two new ways this week to increase your physical activity during the work day.
  - Use the stairs instead of the elevator
  - Schedule a walking meeting with co-workers
  - Stand and/or stretch while talking on a call or virtual meeting
  - Take a 3-5 minute walk break to move and stretch your muscles
  - Park in the farthest parking spot and walk the rest of the way
- Set a goal to be active for at least one hour every day
  - Make gradual changes to increase your level of physical activity
  - Incorporate physical activity into your daily routines
  - Try using a fitness tracker to see how much movement you do throughout a day
  - Keep physical activity fun

Download additional tools and resources at LetsGo.org/workplace
Eat Real
- Know the serving size for fruits and vegetables
  - A whole fruit the size of a tennis ball
  - ½ cup of cut up fruit or vegetable
  - 1 cup of leafy greens
  - ¼ cup of dried fruits
- Turn off screens during meals.
- A diet rich in fruits and vegetables provides vitamins and minerals, important for optimal immune function.

Drink Water
- Water is the #1 thirst quencher!
- Add fresh lemon, lime or oranges wedges to water for some natural flavor.
- When you exercise, you sweat, and when you sweat you lose water and minerals — it is important to replace the water you lose when you sweat.
- Replace soda with water instead of other sugar-sweetened beverages. Remember, water is the best drink when you are thirsty.

Rest Up
- Try to get 7–9 hours of sleep every night.
- Go to bed and wake up at the same time every day. You’ll sleep better.
- Unplug. Turn off screen devices at least one hour before you go to sleep.
- Follow the same bedtime routine every night.
- Find time to relax. Take 10 minutes a day of quiet time to refocus and energize.