

Working on Wellness

Physical Activity Award Criteria

Encourage Physical Activity

The Merit Award

1. Employer utilizes “point of decision” prompts and/or other signs to encourage employees to incorporate physical activity into the workday

The Quality Award

1. Meets Merit Award; and
2. Written policy in place that supports exercise and recreational activities; and
3. Employer provides subsidies for employee memberships to fitness centers or other physical activity related programs or supplies.

The Excellence Award

1. Meets Quality Award; and
2. Worksite creates/identifies/promotes indoor and outdoor walking routes and public places for physical activity, including indoor areas for physical activity/exercise.
3. Distribute information and materials to educate employees and to support and encourage daily physical activity (fact sheets, local physical activity programs, walking groups, and public places for physical activity)
4. Employees provided with onsite counseling/health coaching and/or incentives for reaching predetermined physical activity goals.