

**Other ways to promote health and fitness at your company during the month of May  
(partially adapted from The National Association for Health and Fitness resources):**

- Weather permitting, host a 20-minute group walk around your campus at lunch time.
- For bad weather days, set up a fitness walk inside your building. Post signs at elevators encouraging the use of stairs; designate stretching areas, etc.
- Begin meetings with a stretch. Suggested moves: reach to the ceiling, reach for your toes, arms out to form a “t” and then cross arms in front together, knee up, knee down, leg forward, then leg back. Stretching and movement can reduce the risk of stress-related pain.
- Create computer screen savers featuring a fitness theme, which encourages screenings, living a healthier lifestyle (including physical activity) and inspirational photos of colleagues taking part in fitness activities.
- Providing promotional items like pedometers, featuring nurse line phone numbers and reminders to get annual physicals at any events your company is sponsoring this month.
- Put up flyers encouraging patients, colleagues and guests to “know their numbers” (including blood pressure and blood sugar) and to schedule an annual physical to help prevent or control heart disease, diabetes and depression.
- Conduct a cooking demonstration in your cafeteria using a heart-healthy recipe or feature healthier meals and other foods that can help prevent or control heart disease and diabetes.
- Provide colleagues with an opportunity to sign up for discounted gym memberships or encourage colleagues to use the discounts if you already have them in place.