

POLICY IN PLACE

- Yes No

EXPLAIN CURRENT EFFORTS

DESIRED ENVIRONMENT

GOOD

- Employees allowed at least (1) 10 minute physical activity break during the work day

BETTER *Above, plus:*

- Employees allowed at least (2) 10 minute physical activity breaks during the work day
- Employees allowed to bike or walk to meetings
- Support “meetings on the move”

BEST *Above, plus:*

- Employees allowed to use flexible lunch hours for physical activity
- Provide shower/locker facilities for bicycle commuters or employees that workout over lunch break
- Reward employees by paying a monthly stipend for biking to work
- Incentivize employees by paying a monthly stipend for a gym membership
- Using best practice language, HR or other responsible person enacts physical activity policy for workplace

DATE POLICY POSTED