



Healthier Worksite Initiative

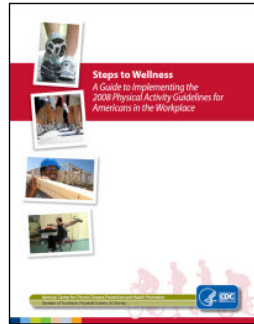
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Steps to Wellness: A Guide to Implementing the 2008 Physical Activity Guidelines for Americans in the Workplace



The worksite, where many adults spend a significant amount of their day, is a logical place to encourage and promote physical activity. By taking small steps to create a working environment where health and wellness are valued, employers can assist in creating healthier workforces in their companies and in America.

Steps to Wellness: A Guide to Implementing the 2008 Physical Activity Guidelines for Americans in the Workplace provides employers interested in establishing or expanding their wellness programs with easy and understandable steps on how to increase the physical activity of employees in the workplace.



Contact Us:

- [Centers for Disease Control and Prevention](#)
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 - [The Case for Physical Activity in the Workplace](#)
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Tips: Did You Know?
 The Community Guide provides evidence-based recommendations for population-based public health interventions, including some topics that are relevant to work force health promotion.



[see all tips](#)

Related Links

- [CDC Workforce Resources](#)
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