

Creating a Healthy Office Environment

The physician's office is a worksite that can be a powerful tool to communicate healthy eating and active living messages.

- Hang physical activity and nutrition posters in waiting areas and in examination rooms; make them as prominent as vaccination posters.
- Create a 5-2-1-0 Bulletin Board:
 - ▶ Monthly or quarterly updates can feature patient activities in their communities.
 - ▶ Post resources and news articles for parents and children.
 - ▶ Post seasonal activities.
 - ▶ Feature a fruit or vegetable of the month.
- Play videos that show children taking part in non-traditional sports and other physical activities.
- Play videos of children trying new fruits and vegetables.
- Display books, puzzles, and activity sheets that support healthy eating and active living to entertain children.
- Replace lollipop and candy rewards with stickers, bookmarks, and other non-food items.

Work with your staff to make healthy eating and active living a part of their lives.

- Have a staff contest to create an official slogan or universal message about healthy lifestyles.
- Sample a fruit or vegetable of the month - select items of different cultures to try.
- Host a healthy lunch.
- Provide 10-minute physical activity or walk breaks during the work day.



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