

# National Employee Health and Fitness Day

## What is it?

National Employee Health and Fitness Day (NEHFD), is a national observance celebrated the third (3rd) Wednesday in May, and was created to promote the benefits of physical activity for individuals through their work site health promotion activities.

## How Can I Promote This Program?

- Sponsor a healthy breakfast or lunch
- Leave a piece of fruit on employee's workstation
- Host a "fitness walk" during lunch breaks; get the CEO to lead the walk
- Encourage employees to hand deliver messages rather using e-mail or voicemail
- Provide worksite health screenings
- Invite a fitness instructor to offer before or after work demonstrations.

## How Can My Company Benefit?

- Increased productivity among employees
- Reduced rates of absenteeism and sickness
- Increased well-being among employees
- Improved physical fitness and stamina
- Reduced stress among employee

## National Employee Health and Fitness Day Pledge

I pledge to get more physically active on National Employee Health and Fitness Day. In doing so I will be taking a step towards creating a healthier habit when it comes to exercise. The physical activity I do is up to my own preference, ability and lifestyle.

### Choose one commitment for the day:

- \_\_\_\_ I will complete 10 minutes of physical activity 3 times this day
- \_\_\_\_ I will complete 30 minutes of continuous physical activity this day
- \_\_\_\_ I will engage in more than 30 minutes of physical activity this day

### Choose an activity that fits best for you! Here are some ideas

- Walking
- Gardening
- Playing outside with the kids
- Running
- Biking
- Swimming
- Pilates
- Yoga
- Sports (soccer, dodge ball, etc.)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## On-Going Physical Activity Commitment

I commit to adding physical fitness activities to my daily life to create an improved fitness routine by:

- \_\_\_\_ Taking an additional 10 minutes per day to walk
- \_\_\_\_ Parking further away from the entrance to buildings at least twice a week
- \_\_\_\_ Doing yard work at least once a week (raking leaves, gardening etc)
- \_\_\_\_ Doing house work at least once a week (vacuuming, mopping the floor, washing windows)
- \_\_\_\_ Upholding my commitment for Employee Health and Fitness Day on a daily basis

Name: \_\_\_\_\_ Date: \_\_\_\_\_