

Communities Preventing Chronic Disease (CPCD)

Worksite Wellness Opportunities

Nutrition

Food & Beverage Guidelines

- Healthy vending
- Healthy meetings
- Healthy cafeteria
- Healthy partnerships

Water First for Thirst

- Encourage employees to drink more water
- Water First for Thirst Challenge

Work@Health Trainings

- Participate in Work@Health Training

Physical Activity

Walking Groups

- Implement employee walking groups
- Participate in downtown Dayton walking group

Free Fitness Classes

- Implement fitness classes for employees
- Promote Free Fitness Dayton flyers

Active Commuting Policy

- Implement bike & walk-to-work infrastructure
- Encourage/incentivize employees to active commuting

Stair Prompt Signage

- Encourage employees to take the stairs

Shared Use Agreement

- Create a shared-use agreement to provide space for your community to be physically active, if space is applicable

Diabetes Prevention

Worksite Coverage of the Diabetes Prevention Program

- Refer employees to Diabetes Prevention Programs through benefits program



Public Health
Prevent. Promote. Protect.
Dayton & Montgomery County

If you are interested in participating in any of these worksite wellness opportunities, please contact:

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