

- Create a walking campaign, reward team achievements.
- Offer bike storage for those who can bike to work.
- Make stairwells appealing with artwork.
- Implement a 2/3 minute stretch break during work hours.
- Sponsor employees who take part in community running events.
- Provide a room that employees can bring in exercise DVDs; provide fitness equipment and incentives to use.
- Promote department challenges.
- Promote biking and walking trails. Provide staff with bike storage.
- Post sign-up for employees to coordinate walking/cycling groups. Promote a buddy system to hold each other accountable.
- Consider walking meetings.
- Sponsor sporting event/team.
- Sponsor competitive sport events in the community.
- Sponsor company teams for intermural and local sports.
- Negotiate gym discounts for employees.
- Encourage team building events that focus on physical activities.
- Negotiate discounts with fitness trainers for employees.
- Promote friendly competitions within the workplace.
- Offer rewards for accomplishments related to fitness.
- Encourage employer-sponsored youth athletic teams along with employee volunteers.
- Map out indoor and outdoor walking trails accessible to employees of all abilities.
- Encourage employees to walk to a specific location and log individual miles for incentive prizes.
- Offer flexible lunch periods/breaks to encourage individual, group, or buddy walks.
- Promote other community assets and resources.
- Offer reimbursement for fitness facilities or an annual reimbursement for (\$200) for fitness equipment or activities.
- Implement a stretching program.
- Post signs regarding stretching at shared places like copier, fax machines, coffee pots, etc.
- Sponsor other sporting teams or coordinate softball/kickball/golf outing.
- Provide a room that employees could bring in fitness DVDs or unused fitness equipment.
- Have a company picnic and offer fun outdoor activities for all fitness levels.