





STEP 4: Determining Interventions and Developing an Action Plan
 – by population, setting, and resources

**Community Setting-Physical Activity
 Intervention Action Step Examples**

WORKSITE SETTING	Intervention Action Step Examples
 Policy	Develop a policy of flexible time that enables employees to fit physical activity time into their work schedules (before, lunch period, or after work).
 Environment	Provide on-site fitness rooms, exercise and changing facilities Mark walking paths inside and/or outside of the workplace for directions and total miles. Install bike racks in a safe, convenient, and accessible locations
 Practices	Develop walking clubs/programs Institute physical activity classes on-site. This could be as simple as opening up a conference room during lunch and letting employees use the TV/VCR to run a workout tape. Or it could be as intensive as hiring an instructor to come in and conduct classes. Sponsor worksite teams participating in community walks, runs, or intramural sports. Secure corporate agreement with health clubs or gyms to offer employees discounted or subsidized membership. Provide incentives for employees to engage in worksite-sponsored physical activity events. Conduct preventive wellness screenings for blood pressure, body composition, blood cholesterol, and diabetes.
 Communication	Place point-of-decision signs near elevators, escalators, and stairs, informing people about the health benefits of physical activity and stair usage. Provide information, brochures, newsletters detailing community walks, runs, or community intramural sports teams (e.g., American Health Association, American Cancer Society, fun runs) Provide health education material through newsletters, publications, websites, email, and other company communications.



RESOURCES:

PROGRAMS and ACTIVITIES

American Cancer Society Workplace Outreach

This site provides information on sample worksite wellness policies, tools for starting a wellness program, and information for company employees on being active, quitting tobacco, and being aware. There are also recipes, resources, and *Meeting Well* guidelines under the “eat smart” link. www.acsworkplace.com

Desktop Wellness

Intranet and internet health newsletter that is customized for your organization. Desktop Wellness enhances your health and well-being by delivering useful and interesting health information directly to your personal computers every month. www.desktopwellness.com

Pedestrian and Bicycle Information Center

This walking organization is a clearinghouse for information on health, safety, engineering, advocacy, education, enforcement, access, and mobility. www.walkinginfo.org

PEP: The Personal Energy Plan

The Personal Energy Plan is a 12-week self-directed, worksite program to promote healthy eating and moderate physical activity. The program materials include workbooks for healthy eating and physical activity targeting employees based on their readiness to change. A coordinator’s kit, promotional brochures, and posters are also included in the program. www.cdc.gov/nccdphp/dnpa/pep.htm

National Center for Bicycling and Walking

This site provides information on how to create active environments in neighborhoods and communities where people can walk and bike. www.bikewalk.org

StairWELL to Better Health Project

Centers for Disease Control and Prevention. "StairWELL to Better Health" was a low-cost intervention (less than \$16,000*), based on data suggesting that physical improvements, motivational signs, and music can increase physical activity among building occupants. Website addresses how to improve the visual appeal of your stairwells, creating motivational signs, installing music, tracking stair usage, and related resources. www.cdc.gov/nccdphp/dnpa/stairwell/index.htm

Wellness Councils of America

This nonprofit membership organization promotes healthier lifestyles through health initiatives at the worksite and serves as a national clearinghouse and information center on worksite wellness. www.welcoa.org

Wellsources

This site includes a number of resources for worksite wellness programs including an Online Wellness Center, Coronary Risk Profile Online, disease management tools, and WellAssured Guides. www.wellsources.com

GUIDELINES

American Institute for Preventive Medicine

Website offers free guidelines on planning and implementing worksite wellness programs. www.healthylife.com; www.aipm.healthy.net/researchchart/index

National Association for Health and Fitness

This site describes the benefits for employers and employees in beginning worksite wellness initiatives. It also provides information on National Employee Health and Fitness Month and programs available for worksites. www.physicalfitness.org/nehf.html