

## STRATEGY 9: Implement a Staff Wellness Program that Includes Healthy Eating and Active Living

# how to implement

Staff who practice healthy eating and active living are great role models for kids. Help keep staff healthy by using the following tips.

**Bolded items** mean there is a supporting handout in this section!

### Encourage staff wellness:

- Follow the **Healthy Food and Beverage Guidelines for Meetings and Celebrations**.
- Incorporate movement breaks into meetings using the **Active Meeting Guidelines**.
- **Provide and Promote Safe Walking Routes**.
- Open school facilities before and after school for physical activity, especially in the winter.
- Remove junk food from staff areas.
- Use walking meetings.
- **Be a Healthy Role Model**.
- Provide opportunities for staff to learn about healthy eating and active living.
- Role model by **Celebrating Staff Successes Without Food**.

See the **Healthy Workplaces Toolkit** at [mainehealth.org/lets-go/adult-program/employers/tools](http://mainehealth.org/lets-go/adult-program/employers/tools) for more information on how to:

- Increase healthy eating at work
- Increase movement at work
- Support healthy families

