



Examples of Balanced Workplace Health Activities

The results of your employee survey show, for example, that sun safety, nutrition and physical activity are areas employees need some help with. Below is a chart showing some examples of activities and supports the workplace can provide. Studies show it is important to move beyond awareness and education and include environmental supports and policies for employees to make changes to their behaviour.

	Sun Safety	Nutrition	Physical Activity
Awareness Building	Raise awareness about the health risks associated with sun exposure	Raise awareness about the dietary risk factors associated with type 2 diabetes	Raise awareness about the hazards of physical inactivity
Education/skill building	Provide demonstration on proper sunscreen application	Encourage workplaces to have healthy potlucks, share healthy recipes or have cooking classes	Encourage workplaces to provide physical activity opportunities, e.g. walking programs
Environmental Support	Encourage workplaces to provide a sun shade/canopy for employees when outside	Encourage workplaces to provide facilities and opportunities for healthy foods to be available at work	Encourage employers to offer incentives for employees such as gym memberships or on site equipment
Policy Development	Encourage workplaces to pass policies on sun safety e.g. Employees must wear protective clothing when working outside	Encourage workplaces to pass policies on nutrition e.g. Staff meetings must have nutritious snacks available. e.g. the vending machines must have healthy food choices.	Encourage workplaces to pass policies such as flexible working hours to facilitate physical activity time