

## Ideas for Creating a Healthy Office

A number of family medicine offices have already worked to create a healthy office. Below are some of their suggestions for working together to create a culture of fitness.

<b>Increase Movement</b>	<ul style="list-style-type: none"> <li>• Start an office walking group at lunch time.</li> <li>• Use stairs daily or more frequently.</li> <li>• Join a fitness center (have the practice pay or offset costs through a shared plan!).</li> <li>• Create a buddy system for working out.</li> <li>• Use a gym or track at a nearby school.</li> <li>• Hold exercise and dance classes for staff/patients/non-patients who are interested; hold them in the waiting room during non-patient hours.</li> <li>• Participate in local walks/runs as a practice team.</li> <li>• Purchase pedometers for staff.</li> <li>• Go bowling together.</li> </ul>
<b>Improve Nutrition</b>	<ul style="list-style-type: none"> <li>• Install a water cooler in break rooms and waiting rooms.</li> <li>• Change from sweetened tea to unsweetened tea.</li> <li>• Start a “healthy lunch” program, providing a healthy lunch for the entire office.</li> <li>• Change the nutritional quality of snacks brought by staff and clinicians.</li> <li>• Request that pharmaceutical representatives bring in healthier foods.</li> <li>• Share healthy recipes.</li> <li>• Post a chart showing the number of calories in various portions of fast foods.</li> </ul>
<b>Publicize Your Efforts &amp; Successes</b>	<ul style="list-style-type: none"> <li>• Make posters about competitions and put them outside the employee lounge.</li> <li>• Post a scoreboard for teams’ successes on the practice website.</li> <li>• Post easy-to-read BMI charts in all patient areas.</li> <li>• Wear badges that say “We AIM-HI ... Ask us why!”</li> <li>• Get a local newspaper to do a story about your fitness efforts.</li> <li>• Develop an information board that highlights one staff member’s fitness activities each week (or one patient’s activities).</li> <li>• Hang completion certificates in well-traveled hallways.</li> <li>• Place AIM-HI literature in break/lunch room.</li> </ul>
<b>Incorporate Patients</b>	<ul style="list-style-type: none"> <li>• Challenge patients to walk 10,000 steps with you.</li> <li>• Wear a pedometer and use it as a prompt for discussing fitness with patients.</li> </ul>
<b>Develop Educational Opportunities &amp; Incentives</b>	<ul style="list-style-type: none"> <li>• Present work-time seminars about fitness.</li> <li>• Have clinicians give weekly or monthly lectures on healthy tips, goal setting and weight loss basics.</li> <li>• Use the America On the Move website.</li> <li>• Provide prizes for teams.</li> <li>• Provide time for fitness in-services.</li> <li>• Allow staff to flex schedules to allow for fitness breaks.</li> <li>• Allow staff to adjust job responsibilities to cover AIM-HI program responsibilities.</li> <li>• Start a staff “biggest winner” competition (focus on healthy eating, physical activity or pounds lost).</li> </ul>