


# PHYSICAL ACTIVITY RECOGNITION

DOES YOUR WORKSITE  
QUALIFY  
FOR  
RECOGNITION?

 Does your worksite inform employees about the benefits of physical activity through brochures, videos, posters, pamphlets or newsletters?


OR

Does your worksite promote information about worksite activities ( e.g. exercise classes) and/or local opportunities to be physical active.?

 Does your worksite promote physical activity through regular exercise classes, activity clubs (e.g. walking club) counseling, team challenges or competitions?

OR

Does your worksite offer at least one organized 15 minute physical activity break each workday?


 For employees who reach a certain level of physical activity does your worksite provide a premium reduction, HSA contribution, or reimbursement for active comminuting?

 Does your worksite have a policy that allows for at least one of the following?

- Walking meetings
- Flexible work arrangement/break time for physical activity
- Employees to stand, stretch, and/or move at least ever 30 min of a meeting

 Does your worksite promote physical activity through at least one of the following?

- Appealing fitness center on site
- Visible maps or signs of walking paths inside and/or outside the building
- Treadmill or cycling desk
- Shower/changing facility

 Has at least one of your worksite wellness committee members participated in a WorkWell KS Physical Activity workshop?

WorkWellKS

TO APPLY VISIT: [WWW.WORKWELLKS.COM](http://WWW.WORKWELLKS.COM)  
UNDER THE "RESOURCES" TAB



## BEVERAGE DISPENSER/INFUSER

To promote/support water consumption

## BIKE RACKS

2 bike or 6 bike racks to promote/support physical activity

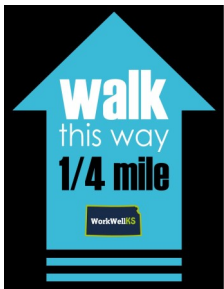


## RAISED GARDEN BEDS

To promote/support healthy foods

## CUSTOM METAL SIGNAGE

To promote/support tobacco & nicotine free grounds



## WALKING TRAIL SIGNS

To promote physical activity

## SIT/STAND DESKS

With monitor mount to promote standing



## TREADMILL DESK

ONLY AVAILABLE TO THOSE RECEIVING THEIR SECOND QUALIFICATION

To promote physical activity