



# A workplace culture of health

## 7 ways to make an impact

The Centers for Disease Control and Prevention (CDC) defines a culture of health as “a working environment where employee health and safety is valued, supported, and promoted through worksite health and wellness programs, policies, benefits, and environmental supports.”

No matter our role, we can all be workplace wellness champions. Try these seven ideas.

- 1. Lead by example.** People often mimic behaviors. Planning to walk at lunch? Invite your coworker. Packing a healthy lunch? Bring an extra fruit or veggie to share.
- 2. Support others in their wellness goals.** A wellness champion will support and encourage others’ wellness goals, large or small. Be someone others can rely on in both easy and difficult times.
- 3. Recognize healthy behaviors.** Honoring those who are practicing healthy behaviors can make a big difference. It helps people feel seen and motivated.
- 4. Walk and talk.** Try walking or standing meetings whenever possible to create a more active culture in your workplace.
- 5. Bring in healthy snacks.** You can help make the healthy choice the easy choice by swapping out doughnuts, pizza, and candy with healthy snack options.
- 6. Offer on-site wellness programs.** Advocate to bring wellness programs on site, such as biometric screenings, flu shots, or lunch and learns. It signals that health is important to the organization and makes it convenient.
- 7. Make time for fun.** Having fun supports our mental, physical, and emotional well-being. Find ways to get colleagues together, away from work. This can build camaraderie, boost mood, and increase productivity.



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