



# Energize and Mobilize!

## *Eat Fruits, Vegetables, and Be Active*

### Action Steps to You Can Take In the Workplace

- ✓ **Be sure to incorporate fruits and vegetables into your meals and snacks at work.**
  - Pack a healthy lunch. Try sandwiches with extra lettuce and tomato, vegetable salad with low-fat dressing on the side, vegetable soup; salsa with corn tortillas, and fresh fruit.
  - Bring healthy snacks to work. If you are in a hurry in the morning to pack snacks for work, pick fruits and vegetables that require little peeling or chopping, like baby carrots, cherry tomatoes, grapes, apples, or broccoli florets.
  - Rather than coffee, try 100% orange juice or apple juice for your morning beverage.
  - To satisfy a sweet tooth, keep a bowl or bag of fresh or dried fruits or nuts at your workstation for yourself and others to snack on.
  
- ✓ **“Work in” physical activity during your daily routine.**
  - Consider locations at your workplace that are ideal for getting small increments of physical activity during the day. For example, take the stairs rather than the elevator, or take a walk around the hallway or outside of your building.
  - Buddy up with a co-worker and hold each other accountable for physical activity, whether you’re taking 10-minute walking or stretching breaks, or going for a walk after lunch during your lunch hour.
  - Form a workplace team for baseball, soccer or basketball, and ask nearby businesses to do the same for a little friendly competition and fun.
  
- ✓ **Advocate for a healthy workplace environment.**
  - Inform your employer and other business organizations, including the Chamber of Commerce, Business Roundtables, etc., about the importance and financial benefits of healthy workplace policies.
  - Ask your employer to provide access to quality, affordable fruits and vegetables and opportunities for physical activity during the workday for their employees. For example, serve fruits and vegetables at meetings, potlucks, and other workplace gatherings. Also, encourage stretch breaks during meetings lasting more than 60 minutes. For healthy eating and meeting check out <http://www.health.state.mn.us/divs/hpcd/chp/5aday/2003pdfs/meetingeating.pdf> or visit [www.sph.umn.edu/news/nutritionalguidelines.html](http://www.sph.umn.edu/news/nutritionalguidelines.html) or [www.ca5aday.com/worksite](http://www.ca5aday.com/worksite) for healthy meeting policies and guidelines.
  - Ask your employer to provide food choices in vending machines and cafeterias that meet healthy nutrition standards, and explore partnerships with local restaurants in the area to provide low-cost healthy alternatives (i.e., lunch specials) for customers during work hours. Visit [www.ca5aday.com/worksite](http://www.ca5aday.com/worksite) for nutrition standards.
  - If you have an on-site cafeteria in your building, ask for nutrition information to be provided, and request that healthy entrees, salads, and fruits and vegetables be available.
  - Urge your company to work with local police and community groups to provide safe areas near worksites for employees to walk.
  - Ask your employer for a changing space and lockers for those who want to exercise at lunch.
  - Ask your employer for safe, secure, and free bike storage as well as space for physical activity to encourage a more active worksite.