

“  
Making the  
healthy  
choice the  
easy  
choice.”

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## HOW CAN SHIP HELP?

- ✓ Free workplace wellness consultation
- ✓ Limited mini-grant funding available
- ✓ Free resources and assistance
- ✓ Networking with other professionals



## CONTACT US

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# WORKPLACE WELLNESS

Olmsted County  
Statewide Health Improvement  
Partnership (SHIP)





## FOUNDATIONAL PRACTICES

Creating a culture of health through policy, systems and environmental changes that supports healthy lifestyles for employees and their families.



## NUTRITION

Most employees spend at least eight hours a day at work which means they consume one meal and snacks. Workplaces can play a role in supporting employees in making nutritious food choices.



## TOBACCO USE

Committing to a tobacco free workplace/grounds and promoting cessation will help all employees be healthier.



## BREASTFEEDING

Providing accommodations for nursing mothers is the law both at the federal and state level. Creating a culture of support is key.



## PHYSICAL ACTIVITY

When employers provide support for employees to be active, employees are more likely to incorporate activity into their workday.



## STRESS MANAGEMENT

Workplace stress is recognized worldwide as a challenge to workers' health and happiness. When the healthy choice is available, people are more likely to feel better.