National Employee Health & Fitness Day
May 21, 2008

Healthy employees translate into a thriving business:
“Michigan Surgeon General Healthy Facts” www.michigangov/surgeongeneral

What is it?
National Employee Health and Fitness Day (NEHFD), is a national observance celebrated the third (3rd) Wednesday in May, and was created to promote the benefits of physical activity for individuals through their work site health promotion activities.

“Even though NEHFD is a one day celebration, it raises awareness about the physical and fiscal benefits of establishing and maintaining healthy habits at work,” said Nichole Kelley-Korson, Governor’s Council Director of Active Work Environments. (2006)

How Can I Promote This Program?

- Sponsor a healthy breakfast or lunch
- Leave a piece of fruit on employee’s workstation
- Host a “fitness walk” during lunch breaks; get the CEO to lead the walk
- Encourage employees to hand deliver messages rather using e-mail or voicemail
- Provide worksite health screenings on May 21
- Invite a fitness instructor to offer before or after work demonstrations on May 21.

How Can My Company Benefit?

- Increased productivity among employees
- Reduced rates of absenteeism and sickness
- Increased well-being among employees
- Improved physical fitness and stamina
- Reduced stress among employees

For more low or no – cost ideas on how your worksite can celebrate NEHFD, visit the Governor’s Council website at www.michiganfitness.org. For ways to improve the health of your workplace environment, visit www.mihealthtools.org/work to complete a Designing Health Environments at Work assessment.
www.physicalfitness.org/neht.html
www.michiganfitness.org/HEHFDinfo.htm