

Employee Health & Fitness

The workplace is a great environment for promoting personal health!

Health, fitness, productivity, and safety go hand in hand. Workers who exercise regularly have better balance, coordination, muscular strength, and endurance, which can result in fewer slips, trips and falls. Additionally, exercise can help reduce the number of overuse injuries and back-related injuries.

Physical activity doesn't have to be complicated, and the foundation for promoting exercise can be part of the work culture. Incorporating daily walks and stretching into a normal work day can improve health, reduce stress, prevent injury, and promote additional physical activity at home.

The Hanford WorkFit Daily Stretch program is a great way to start. Daily stretching can prevent injury, increase productivity, and promote personal health while getting employees ready to perform their workday tasks.

Make physical activity a part of your daily routine for your health and safety!



Schedule a Speaker

Visit the "Presentations & Trainings" page on our website for a list of health and safety topics.

MAY 2012



"A healthy workplace culture has the potential to make the healthy choice the easy choice. Barriers are reduced when physical activity and choosing a healthy diet are considered normal and accepted. Everyone has a role to play and no effort is too small. Whether you manage a group or work with your peers, the culture around you can be influenced by YOUR healthy choices!"

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Weight Loss Convoy National Physical Fitness and Sports Week	2 Weight Loss Convoy ALUMNI Meeting	3	4 Hanford WorkFit Leader Training	5
6	7 Tobacco Cessation Class	8 Weight Loss Convoy	9	10 Site-Wide Health Fairs	11	12
13 Women's Health Week Mother's Day	14 Tobacco Cessation Class	15 Weight Loss Convoy	16 National Employee Health & Fitness Day	17	18	19
20	21	22 Weight Loss Convoy	23	24	25	26
27	28 Memorial Day	29 Weight Loss Convoy	30	31		

InsideOut Newsletter: www.hanford.gov/amh/page.cfm/newsletter

- National High Blood Pressure Education Month
- Correct Posture Month
- National Melanoma/Skin Cancer Awareness Month
- National Stroke Awareness Month
- National Osteoporosis Prevention Awareness Month

Service Spotlight: Risk Communication A four-hour training course is offered quarterly at HAMMER providing a research-based approach for communicating effectively in complex and controversial situations. This introduction provides essential, effective, and Hanford-relevant principles and tips for resolving issues about hazards and risks at the Site. Emphasis is placed on the perception of risk and how divergent world views and perceptions can, yet should not, interfere with consensus development. Contact your training manager for registration or call Risk Communication at 372-0407.

- Health Observance
- Class or Event
- Holiday
- Exercise Minutes

Highway to Health

Enter your weight at Hanford Highway to Health

Weight (in lbs.) _____

Blood Pressure _____

