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!

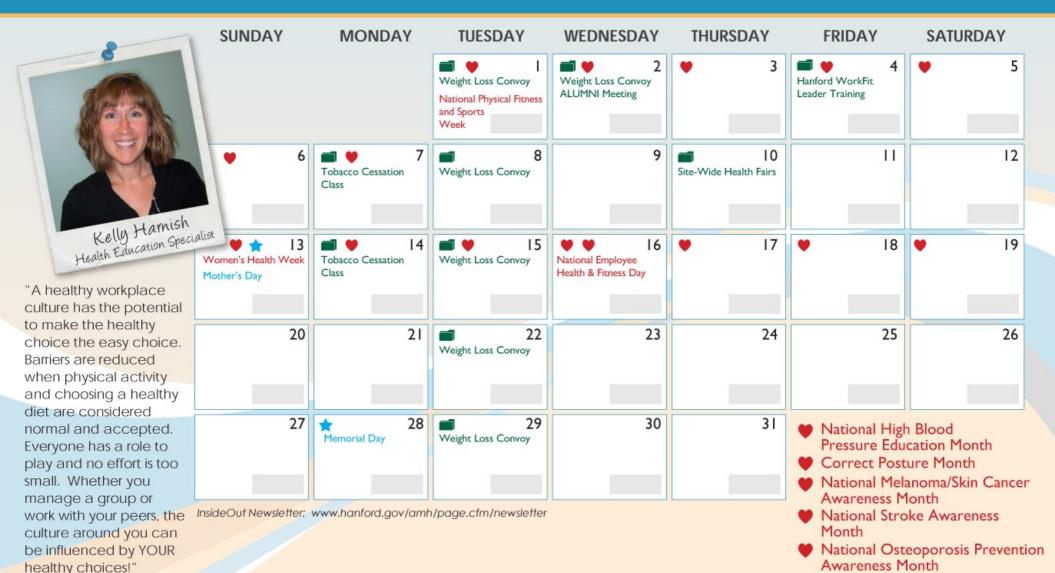




Schedule a Speaker

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

MAY 2012



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



Exercise Minutes

Highway to Health

Enter your weight at Hanford Highway to Health

Weight (in lbs.) **Blood Pressure**

