

# Health UP!

The goals of Health UP include increasing access to physical activity, healthy foods, and social supports. Health UP will provide resources to assist Forest Lake Area employers to implement changes in policy and work environment or culture. The intent of these changes would be to improve employee health and well-being as well as positively impact the company's bottom line.

Health UP focuses on increasing opportunities for residents to improve their health in four areas:

- **EAT** – Healthy eating is about moderation and good choices! Healthy eating can help you feel better, have more energy and reduce your risk for cancer or other diseases.
- **MOVE** – Increase your physical activity by building it into your daily routine. Taking a walk, gardening, and playing with kids can have big benefits.
- **PLAY** – Reading a good book, hanging out with friends, playing a game of pick-up basketball or watching a funny movie can bring joy and better mental health.
- **CONNECT** – Studies suggest there is a strong link between social supports and good health. Creating meaningful relationships with others and sharing skills with the community can improve well-being.

## Living healthy works!

Healthy individuals mean healthy organizations. Building a culture of wellness can help your company reap the benefits including:

- Improve employee morale
- Reduce absenteeism
- Decrease health care costs due to illness or injury
- Retain key staff
- Increase productivity

Businesses with employee health and wellness programs show:

- 27% reduction in sick leave absenteeism on average
- 26% reduction in health care costs
- 32% reduction in workers' compensation and disability management cost claims. (Published in *American Journal of Health Promotion*)

## Who's already onboard?

These businesses and organizations have already begun planning and implementation of a worksite wellness program!

- Johnson/Turner Attorneys at Law & Mediation Center
- Teamvantage
- Custom Mold & Design
- Olson's Sewer Service/Olson's Excavating Service
- St. Croix Forge
- Delta Mustad Hoofcare Center

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# We're here to help!

Visit the Health UP website at [www.healthupfl.org](http://www.healthupfl.org) for a tool kit of step by step directions and links to great resources that will make it easy to implement or revitalize your employer worksite wellness program. Please contact us if you have questions or would like more information.



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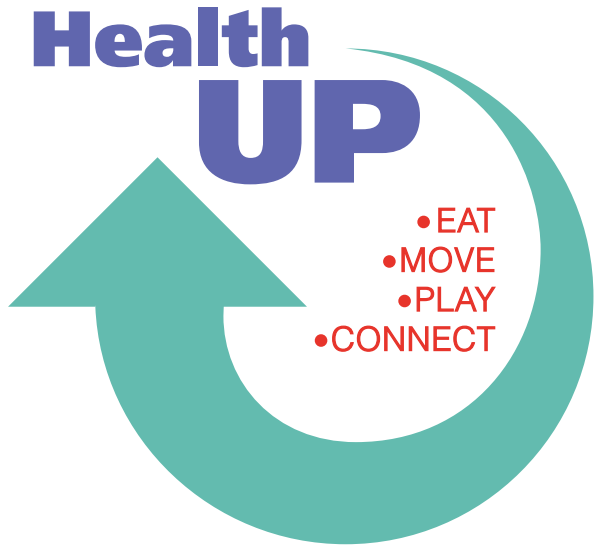
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# Some ideas to get you started:

## Eat, Move, Play, Connect!

- **Encourage healthy snacks** or meals during meetings
- **Hold a potluck and recipe swap** with healthy food choices
- **Create opportunities** for physical activity during breaks
- **Organize** moving or standing meetings
- **Explore** what your Employee Assistance Program has to offer



# Worksite Wellness

Health UP is a community-based health and well-being initiative for Forest Lake Area residents and businesses.

[www.healthupfl.org](http://www.healthupfl.org)