

Set a good example resources for action

## Click on the blue links below to get started!

### **Nutrition**

#### **Healthy Food: Which goals can you commit to?**

##### **We will...**

- provide healthy alternative to sugary drinks, processed packaged food, and fried food at events, celebration, and meetings.*
  - [American Heart Association Healthy Meeting Toolkit](#)
  - [WVU Extension Planning a Healthy Meeting Online Toolkit](#)
  - <http://4-hyd.ext.wvu.edu/r/download/133952> (Healthy Snack Download – WVU extension) *hyperlink does not work; pdf included in attachment*
- find tasty ways to offer healthy food and drink to our staff and guest, including not purchasing sugary drinks, candy, potato chips, hot dog, and other unhealthy foods to have on-hand at the workplace.*
  - [Hosting A Healthier Meeting - Quick Tips and Questionnaire](#)
  - Use this Healthy Meeting (PDF)
  - WVU Healthy Meeting Guide (PDF)
- provide healthy food through our vending machines and/or other special food projects.*
  - [How Huntington WV Is Restocking Its Future](#)
  - [American Heart Association \(AHA\) Healthy Vending Machines](#)
  - [AHA Healthy Workplace Food and Beverage Toolkit](#)
- participate in or provide educational seminars, workshops, or classes on nutrition*
  - [TRY THIS -Set up Healthy Food and Cooking Classes](#)
  - [TRY THIS - Teach Others How to Shop Healthy and Read Labels](#)
  - *American Heart Association Healthy Cooking Classes*
- promote and/or participate in our nearby farmer's market which sells fruits and vegetables.*
  - [TRY THIS - Make Sure YOUR Community Has A Farmer's Market](#)
  - [TRY THIS - Ask A Convenience Store Close To YOU To Sell Fresh Fruit and Veggies](#)
- have a written policy or informal/formal communication that makes healthier food and beverage choices available in vending machines, cafeterias or snack bars?*
  - [Kanawha County Is Making The Case For Healthy Vending](#)
  - [AHA Healthy Food and Beverage Pledge](#)
  - [HPCD Health Policy Library, submit your policy here](#)

#### **Physical Activity: Which of these can your team commit to?**

##### **We will...**

- have physical activity breaks during meetings, every half hour or so. It can be as simple as letting people get up and stretch for a minute, to get their brains moving and improve focus and energy level.*
  - [Take a Hula Hoop Break and Other Inexpensive Physical Activity Breaks](#)
  - [Staff Fitness Breaks](#)
  - [Post signs in workplaces](#)
  - *Insert these slogans to your meeting agenda*

See [www.trythiswv.com](http://www.trythiswv.com) for many of ways to carry-out your good example contract.S:\FROM\DIVISION of HPCD\Worksites\Try This\Resource\_Set A Good Example Updated \_2018.06.22.docx

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- Purchase a Koo-Koo Clock
2. post signs in elevators, stairwell entrances, and or exists at our workplace to promote stairwell usages, parking further away, lunch, walks, walking meetings, etc.
    - [Active Southern WV FREE Physical Activity Posters for Community and Worksites](#)
  3. provide environmental supports for recreation or physical activity?
    - [TRY THIS - Form A Healthy Community Group](#)
    - [TRY THIS - Active Design For YOUR Workplace](#)
  4. Help organize at least one local event that promotes physical activity in our community.
    - [TRY THIS - Organize a Monthly 5K For Fun](#)
    - [TRY THIS - Start A Running/Walking Club in YOUR Community](#)
  5. organize or support a free exercise program for staff, community or partners (example: a lunch-time walking club, a running club, Zumba class etc..).
    - [Make it Fun and Get People Moving](#)
    - [TRY THIS - Put Up Bike Racks And Encourage A New Ride To Work](#)
  6. partner with schools and/or community to increase physical activity through Shared Use programming.
    - [TRY THIS - Zumba After School](#)
    - [Share The School For Better Health - AHA](#)
  7. have a written policy or informal/formal physical activity policy?
    - [Division of Health Promotion and Chronic Disease \(HPCD Policy Library\)](#)
    - [Sample policy or guidance](#)
    - [WV Physical Activity Policy Report](#)
  8. Promote and provide access to increased water consumption
    - [Rethink Your Drink k WV Resources](#)
    - [Rethink Your Drink Social Media Kit](#)
    - [Rethink Your Drink Water Recipes](#)