

# Dutchess County Department of Health's Workplace Wellness Tips

## Movement

### Take the Stairs

Be an "El-Avoider!"  
Have fun with signage  
& challenges!

### Mid-Day Walks

Try Walking Wednesdays  
or Walking Meetings.

Lunchtime  
Yoga



## Nutrition

### Host Healthy Meetings

Encourage healthy  
food items for staff meetings  
and celebrations.

Visit  
Healthy Meeting Guidelines\*  
for helpful information.

[\\*http://cspinet.org/  
nutritionpolicy/  
Healthy-Meeting-  
Guidelines.pdf](http://cspinet.org/nutritionpolicy/Healthy-Meeting-Guidelines.pdf)

## Workplace Wellness

Four Easy Ways to  
Improving Your Health  
in the Workplace.

[\(Click Here for More!\)](#)

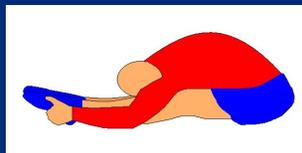
**STRESS  
REDUCTION**

Click Here to

[Take A Break!\\*](#)

Online Resource includes:

- Reminders to Stretch!
- Deep Breathing!  
(Meditation)



[\\*http://www.umbc.edu/wellness/take\\_a\\_break.html](http://www.umbc.edu/wellness/take_a_break.html)

**TAKE  
THE  
TIME!**



Life is **BUSY** - Your Body Needs You to  
Care For It For Optimal Health.

Ask Your Doctor What Health  
Screenings You Might Need  
(cholesterol, breast, cervical, or  
colorectal).

*\* Studies show paid sick leave benefits encourage regular  
healthcare visits and routine preventive cancer screenings.*

Breastfeeding Nooks and dedicated refrigerated space to store breast milk for working moms is one more way you can improve employee health and their children's health.