

Winder Housing Authority Wellness Policy

PURPOSE

To develop activities and modify work environments and policies to support the health and well-being of the Winder Housing Authority's employees. In addition to the benefits for employees, positive benefits are likely to affect families of employees resulting in healthier families and communities.

Policy Plan

Encourage physical activity that raises awareness of the benefits of being physically active among the WHA employees.

- Provide educational leaflets monthly
- Encourage employees to exercise during their breaks or before they come to work
- Issue regular reminders about the policy via email or interoffice correspondence

Encourage a healthy eating policy that supports employees to make healthier eating choices during their work day.

- Provide drinking water in the break areas
- Provide a course or seminar on healthy food intake – quarterly
- Offer fruit and veggies instead of cooking during meetings

Encourage a smoke free work environment

- Identify employees who are interested in stopping smoking
- Provide information on the effects of smoking
- Establish a non-smoking policy in all buildings, recreation areas or during physical work.