

# Resources

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In this section you will find resources, tools, and templates that will help support you in creating and maintaining your physical activity programs. These can be used to help you and your employees better understand the *2008 Physical Activity Guidelines for Americans*, build your case to leadership about why physical activity in the workplace makes good business sense, assess your company's policies and practices for physical activity in the workplace, and support your Wellness Committee's work. These resources can be used as-is or adapted for your own company use. In this section are the following resources:

## 2008 Physical Activity Guidelines for Americans

- 2008 Physical Activity Guidelines for Americans At-A-Glance.
- Overview of the 2008 Physical Activity Guidelines for Americans.

## Tools and Templates

- The Case for Physical Activity in the Workplace.
- Organizational Assessment.
- Reviewing Company Policies.
- Reviewing Company Environment and Practice.
- Employee Physical Activity Needs and Interests Survey.
- Planning Worksheet.
- Physical Activity Program Budget Costs.
- Sample Time Line for Project Implementation.
- Individual Wellness Goal Setting.
- Brown Bag Lunch Template.
- Brown Bag Lunch-n-Learn Evaluation Form.
- Individual Distance Tracking Log.
- Success Story Data Collection Tool.

## Additional Resources