

Reviewing Company Environment and Practice

The following checklist can help Wellness Committees evaluate some of your company practices. For each question, check either yes or no. Additional information on each question is provided after the question. Consider reviewing the results with your human resources and legal departments to see what sort of changes can be implemented within the company to support physical activity programs.

- 1) Does your company's physical location(s) have changing rooms, lockers, or showers available for employee use?

Yes No

Comment: _____

Changing Rooms or Lockers or Showers: Having dedicated space available for employees to change, store gear and clothes, and shower can help facilitate participation in alternative forms of transportation to work, including bicycling, walking, or running. In addition, it can encourage physical activity during lunch breaks. If the physical location does not have space available, consider fitness centers within walking distance that can be used for such purposes.

- 2) Does your company's physical location have bike racks?

Yes No

Comment: _____

Bike Racks: Installing bike racks in well-lit areas near main entrances can encourage employees to bicycle to work. For more information on bike-to-work programs, including the Bicycle Commuter Act that encourages qualified bicycling commuting reimbursements, visit the League of America Cyclists webpage:

<http://www.bikeleague.org/resources/commuters>

3) Does your company's physical location require that stairwells be used for emergencies only?

Yes No

Comment: _____

Stairwells: Building owners and property managers often restrict the use of stairwells for anything other than emergency situations. By working with the owners or property managers to open the stairwells, you are providing an easy opportunity for employees to increase the amount of physical activity they can do during the workday.

For more information on opening and encouraging the use of stairwells, visit the CDC's StairWELL to Better Health Web page:

<http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/stairwell/index.htm>

4) Does your facility have space that can be dedicated for physical activity?

Yes No

Comment: _____

Space for Physical Activity: Dedicated space for physical activity and changes in that space to make it more appealing can encourage employees to be physically active. Depending on resources available, space can be anything from a small conference room with mats on the floor for stretching and yoga to a room remodeled and equipped for a fitness center. If dedicated space is not available, find creative ways to use existing space, including measuring distance in hallways and corridors or in covered parking areas and promote walking in these spaces as appropriate. And look for existing trails in the immediate proximity to your location, or create your own paths by using existing sidewalks.