



# Wellness by the Month

## National Employee Health & Fitness Day May 21, 2008

Healthy employees translate into a thriving business:  
“Michigan Surgeon General Healthy Facts” [www.michigan.gov/surgeongeneral](http://www.michigan.gov/surgeongeneral)

### What is it?

National Employee Health and Fitness Day (NEHFD), is a national observance celebrated the third (3<sup>rd</sup>) Wednesday in May, and was created to promote the benefits of physical activity for individuals through their work site health promotion activities.

“Even though NEHFD is a one day celebration, it raises awareness about the physical and fiscal benefits of establishing and maintaining healthy habits at work,” said Nichole Kelley-Korson, Governor’s Council Director of Active Work Environments. (2006)

### How Can I Promote This Program?

- Sponsor a healthy breakfast or lunch
- Leave a piece of fruit on employee’s workstation
- Host a “fitness walk” during lunch breaks; get the CEO to lead the walk
- Encourage employees to hand deliver messages rather using e-mail or voicemail
- Provide worksite health screenings on May 21
- Invite a fitness instructor to offer before or after work demonstrations on May 21.

### How Can My Company Benefit?

- Increased productivity among employees
- Reduced rates of absenteeism and sickness
- Increased well-being among employees
- Improved physical fitness and stamina
- Reduced stress among employees

For more low or no – cost ideas on how your worksite can celebrate NEHFD, visit the Governor's Council website at [www.michiganfitness.org](http://www.michiganfitness.org). For ways to improve the health of your workplace environment, visit [www.mihealthtools.org/work](http://www.mihealthtools.org/work) to complete a Designing Health Environments at Work assessment.  
[www.physicalfitness.org/neht.html](http://www.physicalfitness.org/neht.html)  
[www.michiganfitness.org/HEHFDinfo.htm](http://www.michiganfitness.org/HEHFDinfo.htm)