

2014 Live Well Work Well Statement of Commitment

Our organization, _____, is committed to be an active member of Live Well Work Well Sioux Falls. We are committed to the vision and goals of sustaining safe, happy, and healthy employees in our community.

We accept the challenge to further advance our practices in worksite wellness. We commit to the following and agree to have our progress toward these commitments reviewed at 6 and 12 months from today (March 2014 and September 2014).

1. Culture

- Create an environment and culture where optimal health and productivity can flourish.
- Embrace the value of human capital and see each employee as a whole person.
- Integrate well-being into our business decisions and day-to-day operations: company mission/vision/values, employee engagement, training, safety, performance management, leadership development, environmental consciousness, social awareness, and more.
- Other: _____

2. Capture Management Support

- Communicate practices regarding wellness.
- Contribute resources for employees.
- Designate responsible staff for employee well-being development.
- Model healthy behavior.
- Other: _____

3. Create a Committee

- Form and invest in a dedicated employee wellness team.
- Other: _____

4. Assess the Workplace

- Perform a wellness interest and/or workplace culture survey.
- Trend and understand organizational health and productivity.
- Other: _____

5. Develop a Plan

- Develop a strategic plan aligned with employee and organization needs which includes outcome metrics.
- Other: _____

6. Implement Wellness Priorities

- Host a Big Squeeze (blood pressure) annually.
- Train employees on CPR and install AEDs.
- Join the Face It TOGETHER Sioux Falls Employer Initiative to help employees with alcohol and other drug problems.
- Implement a tobacco-free workplace/campus.
- Establish a workplace environment that supports nutrition:
 - Implement a nutrition policy.
 - Healthy vending machines.
 - Full-functioning break room.
 - Corporate garden.
 - Farmer's Market at Work.
- Establish a workplace environment that supports physical activity:
 - Implement a physical activity policy.
 - Worksite walking routes.
 - Physical activity breaks.
 - Reduce seated work time (sit-to-stand workstations, walking meetings).
 - Industrial athlete programming (pre-shift exercises, job-specific fitness conditioning).
- Establish a workplace environment that supports environmentally conscious health practices:
 - Support use of transit.
 - Bicycle parking.
 - On-site changing/locker facilities.
 - Promote waste reduction through smart purchasing.
 - Utilize Green cleaning practices.
 - Implement the City's Green Pledge program as a way for employees to support sustainable living.
- Other: _____

7. Program Evaluation

- Evaluate health and productivity outcomes annually for effectiveness and improvement.
- Other: _____

Signed _____

Date _____

Print name _____

