FIT AT WORK CHECKLIST

Yes, we offer	No, but planning to in 1 month	No, but planning to in 6 months	No, but planning to in 1 year	No, we do not offer
Access to on-site fitness equipment, facilities and /or special arrangements established for staff access to local health club facilities (e.g. membership cost sharing program)				
Employee fitness evaluations and health risk appraisals for staff, on-site or through external facilities/services				
Newsletters (paper or on-line) on fitness and health				
Accessible walking routes and promotion of walking routes on or near the property				
Walking routes within the building				
On-site or nearby shower facilities and/or change rooms				
Staff involvement in physical activity campaigns: for example, The Heart and Stroke Foundation's Ride for Heart campaign)				
Resources (for example, space) for fitness classes (e.g. aerobics, yoga)				
Access to on-site fitness classes (employee paid)				
Access to on-site fitness classes (organization paid)				
Safe space for bike lock-up and storage				
Promotion of the use of active modes of transportation to and from the workplace				
Employee walking/running/sports/activity clubs				
Provide flexible working hours to allow for physical activity before, during and after work				
Education sessions focusing on healthy physical activity and/or eating habits				
Healthy options in the cafeteria and/ or in vending machines				
Facilities for heating and refrigerating food				
Offer physical activity initiatives outside of work time				
Offer physical activity initiatives during work time				
Fitness committee that plans and implements physical activity programming				
Allotted funding for workplace physical activity initiatives				
Allotted time for employee participation in an on-site fitness program/class during work hours: for example 20 minutes per day, ½ hour per week				
Implementation of physical activity breaks during meetings/training (or implementation of "walking meetings")				
Written policy for on-site non-drinking/drug use				
Access to information regarding addiction to drugs or alcohol				
Assistance with addiction issues that involve spouse and family members				
First aid training or access to related information				
Onsite access to a quite space or "sick room" where employees can recuperate when not feeling well at work				
POINT VALUE				
50	**25**	**10**	**5**	**0**
SCORE PAGE 1				

Buffett & Company
WORKSITE WELLNESS INC.

FIT AT WORK CHECKLIST

Item	Yes, we offer	No, but planning to in 1 month	No, but planning to in 6 months	No, but planning to in one year	No, we do not offer
Circulation of motivational materials that promote active lifestyles (e.g. using the stairs rather than the elevator)					
Provide incentives to staff who walk or cycle to work (e.g. mileage reimbursement or recognition)					
Existing support of physical activity policies through management support					
Written statement outlining the organization's support for active lifestyles					
Physical activity policy support in the determination of manager/supervisor bonuses					
Organizational dress code allows for "walkable" attire (within the realm of the existing dress code)					
Participation in local or provincial physical activity events: for example, corporate marathons					
Stretch Break program					
"Walk-to-Talk" or "Open Door" policy that encourages employees to walk to a colleague's workstation rather than using the telephone or email					
A benefits plan: for example; to subsidize costs of prescription medication, or complementary therapies, or nicotine replacement therapies.					
Access to health and fitness professionals: for example, to facilitate education sessions, fitness classes, or for therapy.					
POINT VALUE	50	25	10	5	0
SCORE PAGE 2					
PAGES 1 + 2	+	+	+	+	=

SCORE