



During National Employee Health & Fitness Month, we're challenging employees to live healthier lifestyles through the creation of Healthy Moments, Healthy Groups, and a Culminating Project.

Healthy Moments are occasions of healthy eating, physical activity, or personal/environmental health. Examples include: going for a walk; cooking a healthy meal; participating in an exercise class; quitting smoking; going to the doctor

Healthy Groups are formed to create a sustainable activity continuing even beyond the month. Examples include: walking, jogging or cycling groups; healthy recipe or healthy lunch groups; seed exchanges and garden shares

The Culminating Project is an event or project that promotes health throughout the whole workplace or community. Examples include: planning a company 5K; planting a community garden; creating a company or family fitness event; healthy pot luck followed by a walk

Log onto www.CommonHealth.Virginia.gov to share your ideas

For more information contact your [CommonHealth Regional Coordinator](#)