



American
Heart
Association®
life is why®

Healthy For Good™

Healthy For Good

WELLNESS TOOLKIT

Locally sponsored by:



Dignity Health



Western Health Advantage



Healthy For Good™

Dear Employer,

Communities across America are facing a public health crisis. Each year, about 750,000 Americans will suffer a heart attack while nearly 800,000 will suffer a stroke. Leading risk factors for heart disease and stroke include lack of physical activity and obesity. Sixty percent of Americans are not getting enough exercise, blaming lack of time and lack of motivation. Ignoring proper fitness and nutrition increases the chances of heart disease, stroke, high blood pressure, diabetes and some forms of cancer.

Prevention is important to changing this dynamic. America's employers can help. This is why Dignity Health and Western Health Advantage are proud to support the American Heart Association's Healthy For Good movement. Healthy For Good is a revolutionary healthy living initiative bringing real solutions into everyday environments. The approach is simple: **Eat Smart. Move More. Add Color. Be Well.**

We're encouraging more employers to promote worksite wellness and invite you to join us in supporting the American Heart Association's mission of improving the cardiovascular health of all Americans by creating a culture of wellness in your workplace.

To assist you and your organization in these efforts, we are pleased to provide you with our Worksite Wellness Toolkit. Included in this kit, you will find:

- Tips and hacks to incorporate health in day-to-day business
- Education and wellness materials for your employees
- Sample messaging to promote awareness among staff
- Online resources and tools designed to engage, empower and recognize your team

Studies suggest that promoting a culture of activity will help organizations increase productivity, reduce absenteeism, lower turnover rates and reduce healthcare costs. With obesity costing American businesses \$12.7 billion per year in medical expenses and \$225.8 billion in health-related productivity losses, any program that increases the physical activity of employees will positively impact the bottom line.

Even small changes in everyday life can result in big improvements in heart health. With your help, your workplace and your employees can be on their way to better health. There's no better benefit to offer your employees than helping them live healthier, longer lives. Working together, we can make an extraordinary impact in the fight against heart disease and stroke and greatly reduce the risk of these diseases for your team. Thank you for your interest in creating a healthier community.

Sincerely,

Laurie Harting
Senior Vice President, Operations
Greater Sacramento Service Area, Dignity Health

Garry Maisel
President and Chief Executive Officer
Western Health Advantage

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Healthy For Good™

YOU DON'T HAVE TO GO ON A DIET TO CHANGE YOUR DIET OR
BECOME A RUNNER TO START RUNNING.

BEING HEALTHY CAN BE BRIGHT, HAPPY, TASTY AND FUN!

ALL IT TAKES ARE A FEW LITTLE CHANGES THAT CAN
ADD UP TO MAKE A BIG DIFFERENCE, LIKE
EATING SMART, **ADDING COLOR**, **MOVING MORE** AND **BEING WELL**.

WE'LL SHOW YOU HOW WITH SCIENCE-BASED
INFORMATION AND YOU-BASED MOTIVATION SO THE THINGS YOU
WANT TO DO CAN BECOME THE THINGS YOU *LOVE* TO DO.

JOIN THE MOVEMENT AND WE'LL HELP YOU GET AND STAY
HEALTHY FOR GOOD.

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HEALTHY FOR GOOD is a movement designed to **RALLY** millions of Americans to live healthier lives, **INSPIRE** a lasting change, and **UNIFY** people around the simple idea that making a small change today can create a difference for generations to come.



JANUARY

Activity: [Life's Simple 7 Check!](#)
Office Recess — get up from your desk and go!



FEBRUARY

American Heart Month
Wear Red day — Feb. 2nd
Activity: Add a little [red to your diet!](#)



MARCH

National Nutrition Month
Activity: [Meatless](#) Monday March!



APRIL

National [Move More](#) Month
Activity: Start/Continue walking meetings!



MAY

[High Blood Pressure](#) Awareness
& American [Stroke](#) Month



JUNE

National CPR week
June 1st — June 7th
Activity: [Learn](#) CPR!



JULY

Activity: [Rethink your drink](#) and stay hydrated!



AUGUST

Activity: Control your [cholesterol!](#)



SEPTEMBER

[Heart & Stroke Walk Month](#)
State & Community walks:
Sept. 27th & Sept. 29th!



OCTOBER

World Stroke Day — Oct. 29th
Trick or Treat?
[Healthy Alternatives!](#)



NOVEMBER

National [Eat Smart](#) Month
Activity: Harvest Healthy Office Potluck!



DECEMBER

Activity: Holiday [de-stress](#) by standing up to stretch!



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EAT SMART

Eating healthy doesn't have to mean dieting or giving up all the foods you love. Learn how to ditch the junk, give your body the nutrient-dense fuel it needs, and love every minute of it!

- [Daily Tips](#) to help you Eat Smart
- Healthy For Good [Scroll Box](#) tips and hacks
- [Weekly Articles](#) to read and share:
 - Eat Smart at home
 - Eat Smart when you eat out
 - Eat Smart at work
 - Shop smart to Eat Smart
- Learn how to implement **Eat Smart** in your home or office with our: [Action Plan/Communication Plan](#)
- See easy, healthy meal ideas: [Recipes](#)
- Get the facts on nutrition here: [Nutrition Basics](#)
- Use this [Activity Sheet](#) to get your office involved in the Healthy For Good Eat Smart movement
- [Eat Smart Video Library](#)
- Infographics
 - [7 Salty Myths](#)
 - [9 out of 10 Americans eat too much sodium](#)
 - [75% want less sodium](#)
 - [Change salty ways](#)
 - [Cut out added sugar](#)
 - [Excess sodium](#)
 - [Fats](#)
 - [How much should I eat?](#)
 - [Nutrition label](#)
 - [Processed food](#)
 - [Salty six](#)
 - [Salty six \(for kids\)](#)
 - [Sip smart](#)
 - [Sodium can be sneaky](#)
 - [Sodium clean eating](#)
 - [Sodium myths \(for kids\)](#)
 - [Superfoods](#)

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ADD COLOR

An easy first step to eating healthy is to include fruits and vegetables at every meal and snack. All forms (fresh, frozen, canned and dried) and all colors count. So go ahead and add color to your plate – and your life.

- [Daily Tips](#) to help you Add Color
- Healthy For Good [Scroll Box](#) tips and hacks
- Weekly Articles to read and share:
 - [Sneaking more vegetables into meals](#)
 - [Eat healthy on a budget by planning ahead](#)
 - [Top 7 excuses to overindulge and how to take control](#)
 - [5 ways to find healthier options at the grocery store](#)
- Learn how to implement **Add Color** in your home or office with our: [Action Plan/Communication Plan](#)
- See easy, healthy meal ideas:
 - [Recipes](#)
 - [Vegetarian, vegan and meals without meat](#)
 - [Cooking methods](#)
- Use this [Activity Sheet](#) to get your office involved in the Healthy For Good Add Color movement
- [Add Color Video Library](#)
- Infographics
 - [5 reasons to Add Color](#)
 - [Build a healthier salad](#)
 - [Eat more color](#)
 - [Fruits and vegetables serving sizes](#)

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MOVE MORE

A good starting goal is at least 150 minutes a week, but if you don't want to sweat the numbers, just move more! Find forms of exercise you like and will stick with, and build more opportunities to be active into your routine.

- [Daily Tips](#) to help you Move More
- Healthy For Good [Scroll Box](#) tips and hacks
- Weekly Articles to read and share:
 - [Get real about getting active](#)
 - [Hate exercise? 5 tips that might change your mind](#)
 - [Fit in walking: morning, noon or night](#)
 - [Get in the game with sports fitness](#)
- Learn how to implement **Move More** in your home or office with our: [Action Plan/Communication Plan](#)
- [Family Fitness](#) – Ideas to get your family active, staying active with your pet and much more
- Use these activity sheets to get your office involved in the Healthy For Good Move More movement
 - [Office recess](#)
 - [Scavenger hunt](#)
- [Move More Video Library](#)
- Infographics
 - [Choose your own circuit workout](#)
 - [Cooler weather](#)
 - [Happy feet](#)
 - [Dress for workout success](#)
 - [Move More for whole body health](#)
 - [Is your workout working?](#)
 - [Get the right shoes](#)
 - [Get into working out](#)

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BE WELL

Along with eating right and being active, real health includes getting enough sleep, practicing mindfulness, managing stress, keeping mind and body fit, connecting socially, and more.

- [Daily Tips](#) to Be Well
- Healthy For Good [Scroll Box](#) tips and hacks
- Weekly Articles to read and share:
 - [Mediation to boost health and wellbeing](#)
 - [Why is physical activity so important for health and wellbeing](#)
 - [Stress and Heart Health](#)
 - [Sleep—important to heart and brain health](#)
- Learn how to implement **Be Well** in your home or office with our: [Action Plan/Communication Plan](#)
- Use this [Activity Sheet](#) to get your office involved in the Healthy For Good Be Well movement
- Infographics
 - [Fight stress with healthy habits](#)
 - [Stop stress in its tracks](#)
 - [21 days of gratitude](#)
- Be Well topics
 - [Add variety](#)
 - [Balanced time](#)
 - [Emotional eating](#)
 - [Financial](#)
 - [Helping your child develop healthy habits](#)
 - [Medicine management](#)
 - [Mental health](#)
 - [Mindful eating](#)
 - [Practice gratitude](#)
 - [Quitting smoking](#)
 - [Self-care](#)
 - [Sleep](#)
 - [Stress management](#)
 - [Support a friend or family member](#)
 - [Workplace stress](#)

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RESOURCES

In addition to Healthy For Good, the American Heart Association offers free tools to assist you in bringing various health activities to your workplace.

- Learn how to save a life with [CPR education](#)
- Lets talk numbers — we've updated our [blood pressure](#) guidelines: find out how this affects you
- [Cholesterol](#) 101
- Four letters: FAST. Three numbers: 9-1-1. [Stroke warning signs](#)
- 7 small steps to big changes — [Life's Simple 7 Check](#)
- [My Research Legacy](#) invites everyone to join cutting-edge research
- Join us: [2018 Sacramento Heart and Stroke Walk](#)
- Healthy workplace [food and beverage toolkit](#)
- [CEO roundtable](#)
- Play [Healthy For Good Bingo](#) with your office
- [Workplace Health Solutions](#)— Continuous quality improvement for employee health
- Holiday Healthy For Good email templates; use to communicate weekly with your teams
 - [Halloween](#)
 - [Fall Foods](#)
 - [Holiday Travel](#)
 - [Thanksgiving](#)
 - [Holiday Fitness](#)
 - [Holiday Parties](#)
 - [Frosty Fitness](#)
 - [Food Swaps](#)
 - [New Years](#)

For everything related to the mission of the American Heart Association and American Stroke Association please visit www.heart.org

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