



Creating a Healthy Office Environment

The physician's office is a worksite that can be a powerful tool to communicate healthy eating and active living messages.

- Hang physical activity and nutrition posters in waiting areas and in examination rooms; make them as prominent as vaccination posters
- Create a 5-2-1-0 bulletin board:
 - Monthly or quarterly updates can feature patient activities in their communities
 - Post resources and news articles for parents and children
 - Post seasonal activities
 - Feature a fruit or vegetable of the month
- Play videos that show children taking part in nontraditional sports and other physical activities
- Play videos of children trying new fruits and vegetables
- Display books, puzzles and activity sheets that support healthy eating and active living to entertain children
- Replace lollipop and candy rewards with stickers, bookmarks and other nonfood items
- Incorporate WiiFit or other active video games

Work with your staff to make healthy eating and active living a part of their lives.

- Sample a fruit or vegetable of the month—select items of different cultures to try
- Host a healthy lunch
- Provide 10-minute physical activity or walk break during the work day

For more information visit us at <https://5210.psu.edu> or email at 5210@psu.edu.