

Live Well Workplaces

Submission Date	2019-01-07 12:24:03
Contact Information	First Name: Evaine Last Name: Sing Email Address: evaine@groundedpgh.org Phone Number: 4123612099
Business Information	Name of Business: Grounded Strategies Address: 6587 Hamilton Ave #1W City: Pittsburgh Zip Code: 15206
Grounded Strategies agrees to the implementation of action steps related to building the workplace environment, including:	Provide healthy food options during company meetings and functions Provide private area for use by breast feeding employees to pump and store their milk. Ensure well-lit, safe stairwells Provide access to water fountain, water dispenser, water cooler Access to on-site fitness center or conference room for exercise classes, physical activity Provide access to secure bicycle storage area in safe, convenient location Provide standing/walking desks Consider a tobacco/smoke-free work campus
Grounded Strategies agrees to the implementation of action steps related to policy integration, including:	Institute a healthy food policy requiring healthy food and drink options at company meetings, functions, and events Develop a policy that supports breast feeding employees and allows them flexibility to pump at work in a designated, private area Offer employee flex work hours to allow for opportunities for physical or wellness activity before, during, after work, and lunch breaks Negotiate health-club discounts or provide subsidized membership at local fitness centers, programs such as Weight Watchers
Grounded Strategies agrees to the implementation of action steps related to health education, screening, and prevention, including:	Make available health and wellness educational resources to employees via printed materials, direct mail, electronic correspondence, posters, bulletin boards on topics such as physical activity, improved nutrition , and tobacco cessation Remind employees of importance of regular check-ups, physical examinations, and health screenings Encourage employees to hold walking meetings Support stretching and physical activity breaks during work hours and meetings Provide easy-to-access information about local programs and opportunities for physical fitness, community health related events, farmers markets Organize educational seminars or Lunch and Learns on health topics
Grounded Strategies agrees to the implementation of action steps related to leadership commitment and employee ownership, including:	Organization leaders actively demonstrate their support for employee wellness and participate in wellness activities and programs Leaders publicly recognize employees for healthy actions or outcome

Signature

Ervin K Sig