

## What is Simple Steps?

- ◆ It is a physical activity initiative for member worksites of the Genesee Valley Health Partnership.
- ◆ It is designed to be very easy for employees to participate in, and very easy for worksites to implement.
- ◆ We would like employees to look at their current level of activity and set their goals accordingly-goals that are challenging but reasonable.
- ◆ Our goal is for employees to be able to increase or maintain their physical activity level so that they can enjoy the benefits of regular exercise-helping us to achieve the goal of becoming the healthiest county in New York State.



## Worksite Exercise Programs Employer Benefits

- ◆ Financial Benefits
- ◆ Increased Productivity
- ◆ Personal Well-Being

## What Does the Program Look Like?

- ◆ Each worksite will have a Simple Steps Coordinator
- ◆ Each coordinator will receive a packet and training in program implementation
- ◆ Each employee will receive a Simple Steps packet with information and an activity log, and a pedometer
- ◆ Follow-up will be with the GVHP Wellness Coordinator through your Simple Steps Coordinator

## Five Simple Steps to Implementation

- ◆ Organization needs to agree to participate
- ◆ Organization finds a Simple Steps coordinator for your worksite
- ◆ Coordinator attends one of 6 regional trainings
- ◆ Coordinator rolls out Simple Steps to organization
- ◆ Coordinator provides periodic follow-up as indicated in coordinator packet

## Worksite Exercise Programs Employer Benefits



### Financial Benefits

- ◆ **Health care costs**-Increasing physical activity at the worksite saves employers \$500-\$700 per worker annually
- ◆ **Corporate image**-Worksite wellness programs attract employees with a favorable attitude towards both work and health.
- ◆ **Injury rates**-Companies that provide a worksite exercise program show decreased injury rates, including work-related and compensation claims.

### Increased Productivity

- ◆ **Attendance**-Workplace physical activity programs can reduce short term sick leave by 6-32%.
- ◆ **Productivity**  
Workplace physical activity programs can increase productivity by 2-52%
- ◆ **Job performance**  
Worksite exercise program studies confirm improvements in job performance and satisfaction.

### Personal Well-Being

- ◆ **Morale**  
Employers who offer exercise opportunities may benefit from improved employee morale.
- ◆ **Sense of well-being**  
Worksite fitness and health programs have shown improvement in employees' sense of well-being and perception of own productivity.
- ◆ **Looking and feeling physically fit**  
Regular physical activity helps to maintain a healthy weight and build and maintain healthy bones, muscles and joints.