



# Wisconsin Wellness Program Favorites

**Worksite Name:** Frett/Barrington Limited

**Contact Person**

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**How would you categorize your company?**

Services to others

**How many employees are in your company?**

< 50

**How would you classify the initiative?**

Policy change (i.e. flex time to be physically active)

**What's the primary focus area for your initiative?**

Physical Activity

**Wellness Program Favorite Overview:**

**Name of the initiative:** Physical Activity Worksite Policy

**Purpose:** To reinforce physical activity as a part of our company culture

**Brief Description (1000 character maximum):** Our office has a weekly marketing meeting that includes the entire organization. Starting January 1, 2008 with this policy, our President starts each meeting with some sort of a physical activity. We got the idea from the WI Worksite Wellness Resource kit. We look forward to the meeting every Monday at 7 a.m. to see what our President will come up with next. Last week he turned out the lights and had glow in the dark balls that we threw from person to person.

The policy helps to reinforce our dedication to this initiative. Also, having the fun activities each week keeps it interesting.

**Evaluation:**

**Why was this initiative successful?**

This initiative demonstrates to people that you don't have to be an athlete to be physically active. Most of the things we do are very simple, but highlights how little actions can turn into activity.

**What did employees like/not like about this initiative or receive from this initiative?**

Having a standing 7 a.m. Monday morning meeting is very tough. People find it difficult to look forward to starting their week. The physical activity start to our meeting gets us all laughing along with the physical activity. So it sets a better tone for our meeting, along with reinforcing our dedication to increasing physical activity for our workforce.

**What would you do differently if you were going to implement this again or what words of advice would you have for another worksite looking to implement this initiative?**

The more ideas you have on "physical activity breaks" the more interesting you can keep this. One time our President played a song from his computer that we all had to dance to, the more clever he gets the more enthusiastic we all become. So keeping it clever is the biggest challenge. But so far so good for us.

**Attachments? Please check here if you have attachments that further describe your initiative and that you are willing to share with others.**

Yes