



National Employee Health & Fitness Day

What is it?

National Employee Health and Fitness Day (NEHFD), is a national observance celebrated the third Wednesday in May. It was created to promote the benefits of physical activity for employees through their work site health promotion activities.

“Even though NEHFD is a one day celebration, it raises awareness about the physical and fiscal benefits of establishing and maintaining healthy habits at work,” said Nichole Kelley-Korson, Governor’s Council Director of Active Work Environments. (2006)

How can I promote this program?

- Sponsor a healthy breakfast or lunch
- Leave a piece of fruit on each employee’s workstation
- Host a “fitness walk” during lunch breaks; get the CEO to lead the walk
- Encourage employees to hand deliver messages rather using e-mail or voicemail
- Provide worksite health screenings on May 20*
- Invite a fitness instructor to offer before or after work demonstrations on May 20

How can my company benefit?

- Increased productivity among employees
- Reduced rates of absenteeism and sickness
- Increased well-being among employees
- Improved physical fitness and stamina
- Reduced stress among employees

For ways to improve the health of your workplace environment, visit mihealthtools.org/work and complete a Designing Health Environments at Work assessment.

Additional Resources:

www.michiganfitness.org

www.physicalfitness.org/neht.html

www.michiganfitness.org/HEHFDinfo.htm

* If you would like to schedule a health screening at your workplace please contact your HAP representative or our Worksite Wellness team at livewell@hap.org. You can also complete an [online request form](#).