

# Launch Into Nutrition and Fitness in the Workplace

Are you looking for an organizational challenge that is engaging, promotes healthy lifestyle changes and is easy to implement? Lead your staff through our **Meals Matter® Nutrition and Fitness Challenge**, an online three-week challenge that provides information about making healthy food choices, meal planning and increasing physical activity. Each day of the Nutrition and Fitness Challenge provides your employees with simple online tools, tips and resources to help them make positive changes with their food and activity choices. **Start the challenge today by sending your employees the daily links we've created in our [wellness toolkit](#).**

Adapt the Meals Matter Nutrition and Fitness Challenge tracking form to meet your company's needs. Having employees track their activities is a great way to foster healthy competition, increase accountability and promote participation. Have your employees check the boxes next to the activities that they've completed. At the end, instruct them to turn in the form to their designated wellness committee lead.



In addition to the tracking form, here are some ideas to help you encourage participation and promote a successful challenge:

- **Offer physical-activity demos in your workplace.**
  - Aim for one per week (about 15 minutes each) and include a variety of activities, such as yoga, Zumba dance or circuit training.
  - Ask employees if they want to lead an activity. You would be amazed at the variety of interests within your workforce.
- **Hold a “Five Food Groups” potluck.** Have everyone who wants to participate bring in a recipe that falls into one of the food groups. This ensures a celebration that offers a variety of nutrient-rich foods.
- **Lead group walks during lunch.** Map out a safe path near your workplace and share with employees. Walking is an effective exercise that most people enjoy!
- **Encourage “brown bag” lunches throughout the challenge.** You can offer recipes for quick lunches from [www.mealsmatter.org](http://www.mealsmatter.org). Make the break rooms pleasant to eat in by keeping them clean. Provide healthy beverages in the community refrigerator, such as low-fat milk, cold water or iced tea.
- **Incentivize employee participation.** If you have the budget, provide raffle prizes for those who complete the challenge. If not, make challenge certificates and provide them to all the employees who participate and complete the challenge. Recognition still goes a long way!



# Meals Matter<sup>®</sup> Nutrition and Fitness Challenge Tracking Form

## Week 1:

During Week 1, you will assess your current weight and nutritional needs and get a personal report of your recommended food intake based on your height, weight and activity level. In addition, you will learn which foods are nutrient-rich and how they can be incorporated into your eating plan.

- Use the Personal Nutrition Planner and identify your Total Daily Energy Need:

\_\_\_\_\_ kcal.

- Write down one long-term personal-health goal:

\_\_\_\_\_  
\_\_\_\_\_

- Use the Personal Nutrition Planner and fill in the amounts you need in each food group:

GRAINS

\_\_\_\_\_

VEGETABLES

\_\_\_\_\_

FRUIT

\_\_\_\_\_

MILK

\_\_\_\_\_

MEATS & BEANS

\_\_\_\_\_

- Identify one food on the Functional Foods list that you would like to incorporate into your diet:

\_\_\_\_\_

## Week 2:

During Week 2, you will be able to focus on your physical-activity needs and determine if you are getting enough activity to achieve the most health benefits. A calcium assessment will also be provided that will indicate if you are getting enough of this important nutrient, which is often missing in peoples' diets. Both physical activity and a diet rich in calcium are essential for optimal bone health.

- Complete the My Fitness Planner

- Write down one physical activity in which you currently participate (e.g., walking, gardening, running, etc.):

\_\_\_\_\_

- Write down one challenge/barrier to getting enough physical activity:

\_\_\_\_\_

- Identify one new physical activity that you would like to incorporate into your routine:

\_\_\_\_\_

- Identify one personal benefit to participating in physical activity:

\_\_\_\_\_

- Take the Calcium Quiz and write down your score:

\_\_\_\_\_

## Week 3:

Meal planning can be very beneficial to your health, because meals prepared at home are typically more nutrient-rich and appropriately portioned. But meal planning can be daunting if you don't know how your food personality influences the way you cook. By discovering your food personality, you will learn ways to plan and prepare meals unique to your preferences, which makes healthy eating easier.

- Take the Food Personality Quiz. What is your Food Personality type?

\_\_\_\_\_

- Using the Meal Planner, complete a meal plan for one week (one meal per day minimum). Print your plan and attach.

- Write down one benefit of meal planning and/or cooking at home:

\_\_\_\_\_

- Become familiar with Meals Matter recipes; list one breakfast recipe you would like to try:

\_\_\_\_\_

- What's one thing you can do to get social support in order to help you reach your wellness goals?

\_\_\_\_\_