



# Physical Activity Clubs

**H** healthy workers are less likely to be absent and more likely to do good work.<sup>1</sup> A worksite physical activity (PA) club can promote teamwork and increase morale.<sup>1</sup> This tool has the steps you need to create a successful PA club at your worksite.

## STEPS TO SUCCESS

1. Work with your Wellness Committee. Decide whether or not your worksite would benefit from starting a PA club.
  2. Find out what types of clubs interest staff. Make a plan.
  3. Educate workers on the benefits of PA.
  4. Routinely evaluate your efforts. Make changes as needed.
- stretching
  - yoga
  - soccer
  - any combination of activities and interests
- **SET UP MEETING TIMES.** Choose a time when most workers can attend. Try to get the club together at least 2 to 3 days a week.
  - **PROMOTE THE CLUB.** Once you have members, activities, and meeting times, have a kick-off event. Announce the club at company meetings. Make posters and flyers to tell workers about the club. Make sure your flyers tell workers when the kick-off will happen. Include a contact number and email in case workers have questions. Tell them to bring a coworker!
  - **HOST A GREAT KICK-OFF EVENT.** Use the event to share handouts about the benefits of PA. Pass around a sign-up sheet for new members. Tell all members to check in with their doctors before taking part in PA.

## TOOL TIPS

### Getting Started

- **THIS IS A JOB FOR YOUR WELLNESS COMMITTEE.** They can spread the word about a PA club and get people to be part of it. Invite people who are already active.
- **PLAN FOR SUCCESS.** Be sure to choose activities in which workers are interested. Do your research. Survey staff. Discuss which activities are suitable for your site. Consider available space and weather. Are most employees physically able to participate? Start a club that works for everybody. Some suggestions:
  - walking
  - aerobics
  - bicycling
  - weightlifting

### Keep the Club Going

- **ROTATE CLUB LEADERS.** Keep things fresh. Different club leaders will have different ideas and talents.
- **SPREAD THE WORD.** Keep new members coming. Pass out calendars with the club activities.

<sup>1</sup> Baicker, Katherine, David Cutler, and Zirui Song. 2010. Workplace wellness programs can generate savings. *Health Affairs* 29(2): 304-311. <http://content.healthaffairs.org/content/29/2/304.full.pdf+html>, accessed 2/24/2014.



- **GIVE CLUB MEMBERS PRIZES.** Create a simple activity log for club members to track their progress. If money exists, give members pedometers, water bottles, healthy snacks, or other small items. Recognize the most improved or most active members.
- **EVALUATE YOUR PROGRAM.** Track how many people attend club events. Ask members to fill out surveys. Make changes when needed.
- **SHARE YOUR SUCCESS WITH COMPANY LEADERS.** This will help you get support from management for other wellness efforts.
- **CONGRATULATE YOURSELF FOR A JOB WELL DONE!** You've helped to make health a part of the work culture.

## GO FURTHER

- Work with management to create policies that promote PA.
- Have club members alternate bringing in healthy snacks to share.
- Start a company-sponsored baseball or soccer team.
- Start a group to train for a running or walking event, such as a 10k.
- Celebrate health holidays, such as Bike to Work Day.

## FOR MORE INFORMATION:

Visit our website at

[www.cdph.ca.gov/programs/cpns/Pages/WorksiteProgram.aspx](http://www.cdph.ca.gov/programs/cpns/Pages/WorksiteProgram.aspx) for:

- sample policies.
- printable physical activity tracker.
- printable handouts.
- more information.



This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net).

