



Take Action!

Take Action! is a free 10-week program. Workers set goals for eating more fruits and vegetables, or being more physically active. They work in teams to support each other. This program can improve teamwork and morale. This is a great way to kick-off a new wellness program.

STEPS TO SUCCESS

1. Work with your Wellness Committee.
Discuss how your worksite would benefit from taking part in *Take Action!*
2. Use the full version of the *Take Action!* guide, found online at www.takeactionca.com. You will find more tips on making the program work for your site.
3. Plan, promote, and put on your own *Take Action!* program.
4. Evaluate your program. Share the results with management and workers.

TOOL TIPS

The Four Phases of Take Action!

1. PLANNING PHASE

- Seek management support for *Take Action!* Let them know it:
 - is flexible.
 - is a 10-week program.
 - encourages workers to eat fruits and vegetables.
 - encourages workers to be physically active.
- Recruit a planning committee (or use your worksite wellness team). Recruit team captains.

- Plan your *Take Action!* kick-off event.
- Get prizes. These might include:
 - t-shirts
 - water bottles
 - healthy snacks
 - jump ropes
 - exercise balls

2. PROMOTION PHASE

- Promote your program through:
 - emails
 - flyers
 - announcements at meetings
- Conduct your *Take Action!* kick-off event.
- Register participants at the kick-off event. Have them set their *Take Action!* goals.

3. ACTIVITY PHASE

- Hold activities and workshops that support your *Take Action!* program. Some suggestions:
 - healthy cooking demonstrations
 - health and nutrition-based lectures
 - physical activity classes, such as:
 - tai chi
 - yoga
 - Zumba



- Support the team captains. Then they will support the program participants.
- Give prizes to participants who meet their goals.
- Have a celebration at the end of the program.

4. EVALUATION AND CELEBRATION PHASE

- Collect and analyze program evaluation forms. Determine how many participants met their goals.
- Share the results with management and workers.
- Celebrate!

For more details, please visit the website at: www.takeactionca.com. Here you will find:

- the complete *Take Action!* guide.
- educational materials and activities.
- resources.

GO FURTHER

- Make *Take Action!* an annual event. Or make it semi-annual, once as a physical activity tool, and once focusing on nutrition.
- Invite staff family members to participate.

RESOURCES

Visit our website at www.cdph.ca.gov/programs/cpns/Pages/WorksiteProgram.aspx for:

- printable handouts.
- physical activity trackers.
- link to www.takeactionca.com.
- sample promotional material.
- more information.