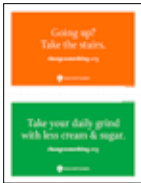


change something @ work

Working five days a week doesn't make keeping a healthy lifestyle very easy. But the nice thing is you don't have to change everything to live healthier, just change something. And you can help others make small changes, too. Start now with these tools and suggestions to change something at your workplace.



Print out the signs on page 2, and post the top sign next to the elevator. Then, post the bottom sign next to the coffee machine. Your co-workers will enjoy a little reminder.



Print out the signs on page 3, and post them at your workplace snack and pop machines. Who knew the machines had something to say?



After printing out the table tent on page 4, assemble it and place in a breakroom or waiting room. These change suggestions will stay with the reader throughout the day.



Post the list of healthy changes on page 5 in your workstation as a daily reminder for you and your colleagues to change something.

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- Take your favorite “changes” from **changesomething.org**, and post them in your breakroom or workplace restrooms. Change it up a little by changing the flyer once a week.
 - Use the suggestions on **changesomething.org** to send out a daily “change something” email to your fellow employees.
 - Encourage your friends, co-workers and colleagues to download the Widget of Change. Each day, a new “change” will appear on your desktop.
 - Post your top 5 favorite changes from **changesomething.org** on the breakroom fridge, bulletin board, etc. Change it every week if you'd like.
 - Any changes you think fit on your bulletin board? Throw 'em on!
 - Lead by example. Make sure you change something yourself. Park farther away. Take the stairs. Skip the donut box.
 - Consider using a “change something” message in your next newsletter.



Going up?
Take the stairs.

changesomething.org



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post by elevator

post by coffee maker

Take your daily grind
with less cream & sugar.

changesomething.org



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Taste the rainbow.
Eat some real fruit.

changesomething.org



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post by snack machine

post by pop machine

Free drinks.
At the water fountain.

changesomething.org



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changesomething.org

Graze less on chips,
more on fresh fruit and
vegetables.



Skip the extras
(sugar, salt, sour cream, etc.).



Don't drink your calories.
At 150 calories a pop,
(12 oz. that is) water's
looking awfully tempting, eh?



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To make
a healthier Kansas, and a
healthier you,
we don't need to change
everything,
just change something.

Pick one thing
to change today, and
share it with someone.
See what they're doing to
change something.

Visit changesomething.org
for more suggestions and tools
to help you change something.



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changesomething.org

Spend time catching up
with a friend on a walk over
lunch break.



Take the stairs.
You won't hurt
the elevator's feelings.



While catching
up around the
water cooler,
actually drink from it.



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Fold along dashed lines. Tape or glue this flap under the blue section to create a triangular pillar.
Place on table.

change something.SM

Working five days a week doesn't make keeping a healthy lifestyle very easy.
But you don't have to change everything to live healthier, just change something.

- Walk to lunch with a friend.
- Split a business lunch entrée with a friend to get a healthier portion size. Then, split the bill!
- Start the next exercise craze: Chairobics!
- Organize an interoffice pedometer competition. See who can walk the most in a week.
- While catching up around the water cooler, actually drink from it.
- Take the stairs. You won't hurt the elevator's feelings.
- Volunteer to get up and get your co-worker's printouts.
- Go to **changesomething.org** for more suggestions and tools to help you change something.



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