**Resources for worksite physical activity promotion**

[CDC Worksite Health ScoreCard](http://www.cdc.gov/healthscorecard/index.html)

The CDC Worksite Health ScoreCard (HSC) is a FREE online tool designed to help employers assess and improve health promotion programs in their worksites.

[Steps to Wellness: A Guide to implementing the 2008 Physical Activity Guidelines for Americans in the Workplace](http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/pa-toolkit.htm)

Provides employers with easy and understandable steps on how to get employees moving. This tool kit includes ideas and suggestions on how employers can create a wellness culture in the workplace by introducing physical activity programs.

[Walking Campaign Tools](http://www.cdc.gov/nationalhealthyworksite/join/walkingtools.html)

 Walking is an easy way to be active at work. This toolkit provides materials and messages for starting your own worksite 4- to8-week walking campaign.

[Walkability Audit](http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/walkability/index.htm)

Use this walkability audit tool to determine how safe and attractive the walking environment is at your worksite.

[StairWELL](http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/stairwell/index.htm)

Find out steps you can take to encourage your employees to take the stairs and increase their physical activity while at work.

[Discount Fitness Club Network](http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/fitnessclub/index.htm)
Discover how to increase your employees' access to places for physical activity outside of the workplace by identifying and establishing a relationship with a nationwide discount fitness club network.

[Tips for Offering Healthier Options and Physical Activity at Workplace Meetings and Events](http://wwwdev.cdc.gov/obesity/downloads/tips-for-offering-healthier-options-and-pa-at-workplace.pdf)

This document includes tips and resources for increasing healthier food and beverage options at worksite meetings, parties, conferences, and events and for offering physical activity opportunities for employees throughout the work day.

[The American Heart Association’s (AHA) Worksite Wellness Kit](http://www.heart.org/HEARTORG/GettingHealthy/WorkplaceWellness/WorkplaceWellnessResources/The-American-Heart-Associations-Worksite-Wellness-Kit_UCM_460433_Article.jsp)

This toolkit provides resources and messages to promote physical activity at worksites.

[State of Alaska Chronic Disease Prevention and Health Promotion](http://dhss.alaska.gov/dph/Chronic/Pages/default.aspx) (CDPHP)

The CDPHP has content experts available to provide technical assistance with chronic disease prevention and control. We also have staff to help provide general assistance with worksite health promotion.

Contact:

Kelly Tschida, FNP, MBA

Chronic Disease Programs Director Kelly.tschida@alaska.gov, (907) 169-8037