



communities are safe and accessible for physical activity, and for trying alternative modes of commuting. **Here** are some ideas on how to make the most of current and future construction projects in your community.



## Getting Started with Worksite Wellness

Most Vermonters spend more than one third of every weekday at work, which means the programs, policies and environment at their worksite significantly influence their health – and by extension, the health of the organization they work for. Worksite wellness strategies cover a wide range of topics, from promoting physical activity and supporting mental health and emotional well-being, to reducing injury at the workplace. So, how do you know where to start? [More...](#)



## Food Bites



*By Rebecca  
O'Reilly, MS, RD*

Rebecca is busy organizing us for a desk to 5K challenge this spring, but will be back in our summer issue!



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