



STAND & move AT WORK™

An evidence-based health-promotion program for employers.

ABOUT US

This worksite health promotion program provides proven strategies to build community while engaging & empowering your employees to take a stand (and move!) at work.

With funding from the National Institutes of Health, we offer this program at no cost to employers. Each worksite provides an employee who dedicates 10-20 minutes per week to serve as a Champion who helps implement the program.

OUR PROGRAM



COMPREHENSIVE

All materials needed to implement the program are available via a secure online portal.



CUSTOMIZABLE

Choose strategies that apply to your individual office environment.



IMPACTFUL

Improvements in health outcomes of those considered at-risk.



ENGAGING

Program events and strategies to bring people together.

ELIGIBLE

WORKSITES:



50+ FT employees.



Predominantly desk-based work



In the office 3+ days/wk.



Sit-stand desks available

Find out more at: z.umn.edu/standandmove

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