

The Saratoga County Chamber of Commerce

HEALTH AND WELLNESS PLEDGE

Our company/organization supports the mission of the Saratoga County Chamber of Commerce's #healthysaratoga movement which is to establish Saratoga County as one of the healthiest places to live and work.

We recognize that healthy employees tend to be happier and more productive, and that there are ways in which employers can positively support the achievement of the personal wellness goals of our employees.

We strive at all times to create and support a safe and healthy workplace.

We hereby pledge to join the #healthysaratoga movement by (check one or more):

- Inviting local health and wellness professionals into our workplace to educate our staff from time to time.
- Offering healthy snacks for our employees and customers as well as water versus soda whenever possible.
- Select a walk, run or cycling event and register a team of employees who will participate together.
- Encourage employees to spend a few minutes periodically during each day to stand, stretch and relax.
- Support any member of our staff as much as possible if they enroll in a smoking cessation program.

AND/OR we pledge to support the health and wellness of our employees by:

- _____
- _____
- _____

Name of Company/Organization: _____

Key Contact Person: _____

Address: _____

Telephone: _____ Email: _____

Signed: _____

Please note that the Saratoga County Chamber of Commerce will publish the names of companies and organizations that complete this pledge form but we will NOT disclose which organizations individually commit to what specific actions.

