



My Heart. My Life.™

With your help, your workplace
and your employees can be
on the way to better health.
There's no better benefit to offer
your employees than helping them
have healthier, longer lives.



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7272 Greenville Ave.
Dallas, TX 75231

Fit-Friendly

WORKSITE

myheartmylife.org

About

Fit-Friendly

The American Heart Association's goal by the year 2020 is to not only reduce the rate of death from cardiovascular diseases and stroke by 20 percent, but also to improve the heart health of all Americans by 20 percent.

Part of the problem is that the rate of obesity among adults continues to grow. This could be a result of how much time Americans spend at work — an average of 47 hours per week, which is 164 hours more per year than a generation ago. The number of sedentary jobs among Americans has accelerated, too, rising 83 percent since 1950.

That's why the American Heart Association places such an importance on creating a healthy work environment, and why employers are encouraged to become recognized as a Fit-Friendly Worksite.

Studies suggest that by starting a worksite physical activity program and promoting a culture of activity, employers can:

- Increase productivity
- Reduce absenteeism
- Lower turnover
- Reduce healthcare costs

With your help, your workplace and your employees can be on the way to better health. There's no better benefit to offer your employees than helping them have healthier, longer lives, whether your workplace is a school, corporation, hospital or any other type of worksite.

And the American Heart Association wants to help.

Since the Fit-Friendly program began in 2007, more than 2,500 worksites representing more than 5.6 million employees have participated.

Advantages of the program include:

- Employee access to program resources, including the free Walking Program, Activity Tracker, walking and exercise programs, and healthy eating solutions and resources
- Materials to help promote company wellness programs to employees
- Newsletter templates for internal distribution to employees
- Consultation on CPR/AED (automated external defibrillator) programs
- A free, quarterly worksite-wellness e-newsletter

How do Worksites gain “recognized” status in the Fit-Friendly program?

- The American Heart Association offers resources, materials, consultation and support
- Upon achieving specified goals, the company submits an application for recognition (deadlines, Jan. 31, July 31)
- An American Heart Association Volunteer Panel reviews the application for recognition status

What do the recognized companies receive?

- Recognition on the American Heart Association's Fit-Friendly program website
- Recognition by the American Heart Association at local events and in recognition program communication materials, including the Annual Honor Roll published on the website
- The right to use the program's annual recognition seal for internal communications to employees and external communications related specifically to employment recruitment
- An official recognition letter and recognition plaque sent by the American Heart Association

Where do I start?

Complete your application online. And don't forget to renew your Fit-Friendly recognition if you're already a Fit-Friendly Worksite. It's quick and easy to renew online. (See below for links.) Gold and Platinum recognition can be renewed, but Innovation Awards are a one-time recognition.

If you are a School or School District, please go to heart.org/fitfriendlyschools

For all other organizations, please use ffc.heart.org

Award Levels and Criteria

Here are the different levels your worksite can qualify for each year:



This workplace has been recognized by the American Heart Association for meeting criteria for employee wellness.



This workplace has been recognized by the American Heart Association for meeting criteria for employee wellness.



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This workplace has been recognized by the American Heart Association for meeting criteria for employee wellness.

Gold Level

For worksites that fulfill criteria such as offering employees physical activity support, increasing healthy eating options at work, promoting a wellness culture, as well as implementing at least six of the physical activities, two of the nutrition activities and one of the culture activities listed in the application form.

Platinum Level

For worksites that fulfill all the gold-level criteria and demonstrate at least one behavior change specified in the application form, achieve at least one cost savings outcome specified in the application form and have achieved a positive return on investment (as documented by supporting data).

Worksite Innovation Award

Given to a worksite that achieves all criteria for gold-level recognition and leads the development and implementation of innovative, effective programs that promote physical activity specifically in the workplace.

Community Innovation Award

Given to a worksite that achieves all criteria for gold-level recognition and leads the development and implementation of innovative, effective programs that promote physical activity not only in the workplace, but also in the community.