

# National & Other Workplace Wellness Resources

## **CDC's LEAN Works!**

**CDC's LEAN Works! Leading Employees to Activity and Nutrition** is a free web-based resource that offers interactive tools and evidence-based resources to design effective worksite obesity prevention and control programs, including an obesity cost calculator to estimate how much obesity is costing your company and how much savings your company could reap with different workplace interventions.

[www.cdc.gov/leanworks/](http://www.cdc.gov/leanworks/)

## **CDC's Healthier Worksite Initiative**

Information, policies, resources, and step-by-step toolkits for workplace health promotion program planners in state and federal government—but useful for all employers.

[www.cdc.gov/nccdphp/dnpa/hwi/index.htm](http://www.cdc.gov/nccdphp/dnpa/hwi/index.htm)

## **The Wellness Councils of America (WELCOA)**

Free resources include a twelve week employee walking program (*Step by Step*), calendar of health observances, expert interviews, case studies and presentations.

[www.welcoa.org/freeresources/](http://www.welcoa.org/freeresources/)

## **Calculate Walking Routes**

Type in your company address and click a path on streets nearby. The site will calculate the distance.

<http://www.gmap-pedometer.com/>

## **The National Center on Physical Activity and Disability, Department of Disability and Human Development**

<http://www.ncpad.org/>

## **Disabled Sports USA**

<http://www.dsusa.org>