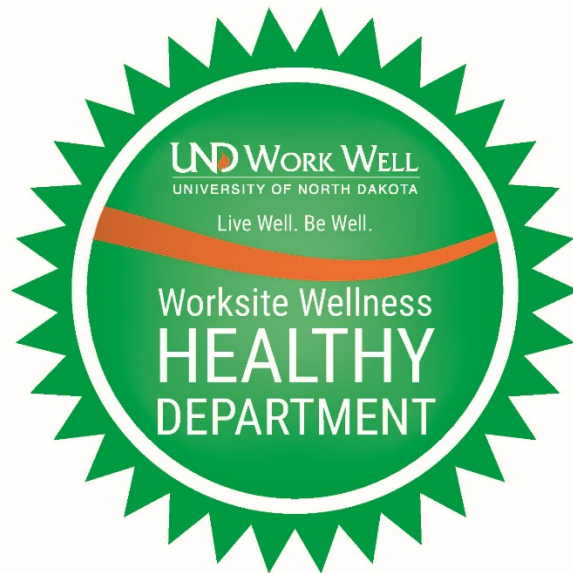


HEALTHY DEPARTMENT PROGRAM



This workplace has been recognized by
Work Well for employee wellness.

Healthy Department Commitment Form

IT IS THE PRACTICE of our department at the University of North Dakota, that foods and beverages provided during all work meetings meet the following guidelines:

- **Beverages:**
 - Water must be available at all meetings if beverages are provided
 - 50% of other beverages provided must come from the following categories: 100% fruit or vegetable juice containing no caloric sweeteners OR non-fat or low-fat milk or dairy-free alternatives
- **Foods:**
 - A fruit or vegetable option must be available at all employee-led work meetings in which food is served

Physical Activity: Also, our department will incorporate physical activity into the meetings (unless physical activity is already part of the meeting) through the following strategies:

- Meetings less than one hour:
 - Have at least one stretch break (**added into agendas templates**) in which participants are encouraged to stand up if able and briefly stretch.
- Meetings of more than one hour:
 - Have a 5-10 minute physical activity break for every two hours of meeting time.

1. Department: _____

2. Chair/Department Director Name: _____

3. Title: _____

4. Office Phone: _____ 5. Email: _____

6. Work Well Ambassador or worksite wellness representative _____

By clicking this box, I pledge to:

- provide leadership support verbally and in written format to encourage my department employees to be active in overall wellness activities;
- be a role model for wellness by doing activities like taking walking breaks;
- work with the department to approve of a healthy meeting practice.

Signature

Date

Please complete and submit to UND.workwell@UND.edu or Mail Stop 8365