

Workplaces

May is Employee Health & Fitness Month

Investing in your business is second nature, but don't forget about your team. They are your greatest asset!

In 2024, employees spent 30% of their week working, preparing for work, or commuting to work and 52% of employees experienced burnout. Companies that support their employees' health and fitness have lower rates of employee burnout and higher rates of productivity, leading to increased profits.

Employee Health and Fitness Month is the perfect opportunity to invest in your employees and help your business thrive! Here are some ideas to kickstart Employee Health & Fitness Month:



Bring healthy snack options to your next meeting.



Set up an office step count or walking challenge.



Host an employer mental health training through [NAMI Minnesota](#).

News, Resources, and Grants

Gear Up for [Bike to Work Week](#): May 12-16!

This national event is a great way to promote wellness, sustainability, and team spirit at your workplace. We make it easy to get involved! Businesses that sign up will receive promotional materials, event ideas, and even incentives like T-shirts, swag bags, and snacks for employees who ride. Whether you're a small business or a large employer, this is a fun, low-cost way to show your commitment to a healthier, more connected workplace.



Join the movement and make biking to work a new workplace norm! [Sign up today](#) to get started. Any questions? Contact Laurie.Eggers@anokacountymn.gov



Spotlight- Manufacturing & Construction

Manufacturing is the top employment industry in Anoka County, accounting for 17.5% of resident jobs. Employee Health & Fitness Month is a great opportunity to strengthen workplace wellness by focusing on key health and safety topics relevant to the manufacturing and construction workforce. Check out these employer action items from HealthSource Solutions. For more employee wellness tips and free webinars, visit <https://www.healthsource-solutions.com/>.

Employee Health Concerns	The construction industry has one of the highest suicide rates.	Construction workers are at higher risk for musculoskeletal injuries as they age.	Workers who routinely attend preventive care appointments have higher productivity levels.
Employer Action Items	Offer mental health first aid trainings and support to workers.	Integrate mandatory group stretching sessions at the start of every shift.	Offer mobile health visits or PTO for workers to attend preventive care appointments.



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