



**The Carlisle Area Health & Wellness Foundation  
is launching a new 5210 Health Promotion Campaign.  
The 5210 message is simple, easy and fun!**

**Daily Goals**

- 5 or more fruits & vegetables
- 2 hours or less of recreational screen time
- 1 hour or more of physical activity
- 0 sugary drinks, more water & low fat milk

**Participating is Easy:** Whether you're a local nonprofit, business, agency, school, preschool, community or religious organization, we hope you'll become an official 5210 partner. If your organization is up for the 5210 challenge, visit [www.5210pa.org](http://www.5210pa.org) and sign up to receive your **Free Starter Kit** or email your request to [hswartz@cahwf.org](mailto:hswartz@cahwf.org).

**ALL 5210 PARTNER SITES WILL RECEIVE A**

**Free Starter Kit** that includes

- 5210 toolkit, worth \$50.00
- Three 5210 color posters
- 50 flyers for 5210
- 5210 training and networking event
- Public recognition as a 5210 partner
- Ongoing programming ideas

**WHAT WE ASK OF YOUR SITE IN RETURN**

**Select at least 6 strategies** on the following page and launch them at your organization this year, including



**3 promotional activities and  
3 policy, practice & environmental strategies.**

Confirm your selected strategies via email to [hswartz@cahwf.org](mailto:hswartz@cahwf.org).



### Promotional Activities

- Host a **kick-off** meeting or event to introduce 5210.
- Display **5210 posters** throughout your facility.
- Circulate **5210 brochures, flyers and materials** to staff, clients, parents and children.
- Post a [www.5210pa.org](http://www.5210pa.org) link on your **website**.
- Announce 5210 participation through your **newsletter or listserv**.
- Create a **soda display** (example available in the 5210 Toolkit).
- Promote a **public 5210 event** hosted by your organization (e.g., festival, fair, run, healthy recipe swap).
- **Host a health speaker or healthy food demonstration** at your organization.
- Sponsor a **5210 Health Challenge** (include prizes, giveaways, recognition, pedometers, photo contest).
- Regularly distribute a **wellness newsletter and healthy recipes**.
- Promote a **walking initiative** (walk during lunch, promote stairwell use and/or community walking trails, incentives to park further away).
- Share weekly resources and announcements about 5210.
- For more ideas to promote wellness in your workplace, check out the **amazing tools and resources through these LINKS:**  
[Free Wellness Health Library](#)  
[Free Fit Business Kit](#)  
[Strides to a Healthier Worksite Challenge Toolkit](#)  
[www.welcoa.org](http://www.welcoa.org)

### Policy, Practice & Environmental Strategies

- Improve the quality of vending machine sales in your building by increasing healthy options and/or making healthy snacks most affordable.
- Discontinue candy/junk food sales as a fundraising strategy.
- Introduce a no sugar-sweetened beverages and/or snacks policy.
- Ensure that parents provide healthy options for snacks and celebrations.
- Offer one additional opportunity for staff, clients or students to increase physical activity each day (Take 10! exercise breaks, walking meetings).
- Create a policy to ensure healthy food options at community and workplace meetings.
- Circulate an employee or student survey to assess top interests in wellness programs and solicit ideas.
- Form a Wellness Committee or Health Fun Squad to generate new ideas and sustain momentum over time.
- Implement wellness programs offered by your insurance carrier.
- Offer employee incentives to increase physical activity during or beyond the work day (e.g., reimburse employees a percentage of a fitness center membership).
- Establish an on-site fitness facility and changing rooms.
- Designate a walking path on your workplace's property or map mileage points so that staff and others can exercise regularly.
- Develop a scorecard to track staff, student, client or family participation in health activities. Offer rewards when designated benchmarks are reached.
- Institute a flex time policy that enables and encourages employees to be physically active within a flexible work schedule.
- Make biometric screenings available to your employees (blood pressure; cholesterol/lipids; body mass index; blood glucose/blood sugar).

