

## Welcome!

Welcome to the 5210 Health Washoe quick-start guide designed to help employers and employees integrate movement and healthy eating into the work day. Wellness isn't something you 'do' only after work. It is a part of every hour! 5210 Healthy Washoe is here to help support employees in improving and maintaining health inside and outside of work.

This quick-start guide is brought to you by Let's Go!, a nationally recognized obesity prevention program for children and adults based out of Maine Medical Center. Let's Go! uses evidence-based strategies to increase healthy eating and active living across communities that include; schools, child care centers, after school programs, workplaces, and health care practices to ensure that the healthy choice is the easy choice. 5210 Healthy Washoe has been adapted from the Let's Go! program for our local needs.

### 5210 Healthy Washoe Workplaces is guided by the following principles:

- Focuses on health and wellness for all employees.
- Messages are positive and action oriented.
- Efforts are employee driven.

We hope you find this tool useful at your workplace. Please direct any questions or feedback to the Washoe County Health District at [5210HealthyWashoe@washoecounty.us](mailto:5210HealthyWashoe@washoecounty.us) or visit [GetHealthyWashoe.com](http://GetHealthyWashoe.com)

