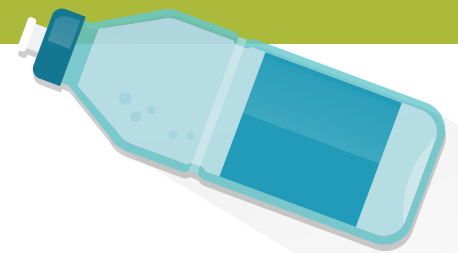




In Fairhaven, a small town makes big strides for physical activity



The Town of Fairhaven, Massachusetts employs nearly 500 people across multiple departments.

Healthy priorities

Working on Wellness provided Fairhaven an opportunity to build on employee interest and leadership support to improve employee health while serving as a role model for other Massachusetts communities. Through the Working on Wellness needs and interest survey, Fairhaven learned that not only were **32% of employees not meeting daily physical activity recommendations**, but more than half expressed interest in being more active.

Increasing physical activity became their wellness priority, which would also help Fairhaven employees manage stress — another risk that ranked high from the employee survey results. Fairhaven's wellness committee then developed a **multi-phase action plan that offered their employees several different ways to become more active**.

Strategic steps

Partnering with a community fitness center, the town offered **on-site yoga and boot camp classes**. To engage the broader community, they partnered with local businesses to organize an **intramural kickball league in the summer and fall**, and indoor volleyball during colder months.

The town also expanded access to an **"e-health portal," offering fitness tracking and other wellness information**, to all employees.

And in a major win for the entire community, the wellness committee is **participating in a broader collective effort to make enhancements to the Phoenix Bike Trail**, the Fairhaven segment of the South Coast Bikeway. This will benefit town employees, residents, and visitors.

The results

Following the Working on Wellness efforts, **35% more employees of those surveyed felt the town offered them the opportunity to be active**. Fairhaven is now developing a policy that requires five-minute activity breaks for meetings that last over an hour.



156 Massachusetts employers have developed comprehensive worksite wellness initiatives, impacting over 70,000 employees. Many of those employees, including lower-wage workers, did not have access to wellness programs before Working on Wellness.

Worksite wellness improves employee health and morale. That boosts productivity and can lead to reduced health care costs.

Working on Wellness is good for employees, employers, and Massachusetts!