

## Office of the Governor

To: Agency Directors  
From: Governor Dave Freudenthal  
Subject: Worksite Wellness Program  
Date: May 2, 2006

---

We all know that exercise is good for us. We know that exercise can reduce the risk of heart disease, stroke, high blood pressure, diabetes, obesity, and high cholesterol. Did you also know that with an exercise program you could:

- Reduced absenteeism
- Higher productivity
- Reduced injuries
- Reduced worker's comp/disability
- Increased morale and loyalty
- Lower health care costs

The problem is: When do we find the time to exercise? Since we are at work for the majority of our day, what better place? An easy way to get a little more exercise is to do it at work.

Attached is a simple, ready-to-use Director's Worksite Wellness Toolkit to help your agency get started at a wellness program. Several agencies have already taken steps to create a worksite wellness program. (Copies of these programs are also enclosed.)

I urge your agency to invest in this program – to choose your wellness “champions” and start making the State of Wyoming a healthier place to work.