



# CHIP CHALLENGE!

TO: Wellness Partners  
DATE: May 2008  
RE: Workplace Wellness

In recognition of **Employee Health & Fitness Day**, Onslow County CHIP Inc is challenging all Chamber members to adopt a **Healthy Eating** policy for your workplace!

No need to reinvent the wheel - simply contact the CHIP office for a sample policy by emailing [onslowchip@yahoo.com](mailto:onslowchip@yahoo.com) or by calling 910-577-2238 or create one of your own.

**Already have a written policy?**

Please notify CHIP to be listed on our Workplace Wellness web page!

Eat Smart, Move More NC has taken the guesswork out of coordinating Healthy Meetings. Their downloadable Eat Smart Healthy Meeting guide is available online at:

[http://www.eatsmartmovemorenc.com/programs\\_tools/worksites/healthy\\_meeting\\_guide.html](http://www.eatsmartmovemorenc.com/programs_tools/worksites/healthy_meeting_guide.html)

## Take the CHIP CHALLENGE

Worksite Health Promotion Programs enhance the overall health and productivity of your organization!

