

Step up to Make Region Healthier

Although the summer months are an easy time to promote physical activity, employers should support healthy lifestyle habits year-round. The Chamber of Commerce of Southwest Indiana strongly encourages our nearly 1,500 member businesses and all corporate citizens in the Southwest Indiana regional business community to seize the opportunity to be leaders in adopting initiatives that promote comprehensive healthy lifestyles.

Businesses should support — and encourage — employees to maintain healthy lifestyles in the workplace. One easy way businesses can take charge is by supporting walking work meetings instead of idle discussions in stagnant conference rooms. Beautify stairwells to encourage employees to ditch the elevator and use stairs whenever possible. Businesses can make a big impact on employees' health (and our overall economy) without allocating significant resources.

The Healthy Community Partnership (HCP), spearheaded by the [Welborn Baptist Foundation](#), strives to drive lasting change in the Southwest Indiana region by transforming citizens' health and well-being. The Healthy Communities Partnership has an initiative termed "Corporate Champions," and organizations taking part in this effort pledge to create a healthy worksite culture and to contribute to ongoing related efforts in the community.

The Chamber of Commerce of Southwest Indiana is proud to participate in the Corporate Champions program. And although we are a nonprofit organization with limited resources to support a full-scale program, we have taken steps to encourage employees to adopt healthy habits in the workplace.

The Healthy Communities Partnership provides a resourceful tool kit to help all types of organizations painlessly move from intention to action. Chamber members and all corporate citizens in Southwest Indiana are encouraged to research and use these no-cost benefits, which include a strategy guide, healthy worksites tool kit and technical assistance.

Other organizations, such as the Evansville-Area Trails Coalition and the Evansville Metropolitan Planning Organization, diligently work to transform the area into a pedestrian-friendly, healthier community. These, and other organizations, are transformative partners in the quest to develop healthier communities and workplaces in the Greater Evansville and the Southwest Indiana community. Walking meetings are more enjoyable than sitting at your desk, and many of our businesses are conveniently located near sidewalks or walking trails. Together, we can take necessary steps to developing healthy, progressive workplaces and organizational cultures.

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President & CEO

The Chamber of Commerce of Southwest Indiana

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