

# Join the #HealthySaratoga Movement

## The Saratoga County Chamber of Commerce EMPLOYER PLEDGE FORM

Our company/organization supports the mission of the Saratoga County Chamber of Commerce's #healthysaratoga movement which is to establish Saratoga County as one of the healthiest places to live and work.

We recognize that healthy employees tend to be happier and more productive, and that there are ways in which employers can positively support the achievement of the personal wellness goals of our employees.

We strive at all times to create and support a safe and healthy workplace.

We hereby pledge to join the #healthysaratoga movement by (check one or more):

- Inviting local health and wellness professionals into our workplace to educate our staff from time to time.
- Offering healthy snacks for our employees and customers as well as water versus soda whenever possible.
- Select a walk, run or cycling event and register a team of employees who will participate together.
- Encourage employees to spend a few minutes periodically during each day to stand, stretch and relax.
- Support any member of our staff as much as possible if they enroll in a smoking cessation program.

AND/OR we pledge to support the health and wellness of our employees by:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Name of Company/Organization: \_\_\_\_\_

Key Contact Person: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Signed: \_\_\_\_\_

Complete this pledge form and to forward it to the Saratoga County Chamber of Commerce,  
28 Clinton Street, Saratoga Springs, NY 12866 or via email to [sthornton@saratoga.org](mailto:sthornton@saratoga.org).

Our Health and Wellness  
initiative is sponsored by:

