

The resources here will help you at every step of the way, from beginning your worksite wellness programming to being able to provide wellness topics and presentations that enhance your current initiatives.

- [Mayo Clinic](http://www.mayoclinic.org/healthy-lifestyle): provides a wide array of evidence-based information for all realms of healthy living.
<http://www.mayoclinic.org/healthy-lifestyle>
- [CDC-National Institute for Occupational Safety and Health](http://www.cdc.gov/niosh/): is a tool that gives a great deal of information regarding workplace safety and health topics. It discusses a wide variety of both general and industry-specific health-related issues.
<http://www.cdc.gov/niosh/>
- [Alliance for a Healthier Minnesota](http://healthiermn.com/): 2014 was the year of Worksite Wellness in Minnesota! This site provides tools, programs, and tips to help you create your wellness success story.
<http://healthiermn.com/>
- [MN Department of Health](http://www.health.state.mn.us/macros/topics/prevention.html): provides information and resources about health topics including contaminant exposure, chronic disease, substance use, suicide, and injury as well as community health.
<http://www.health.state.mn.us/macros/topics/prevention.html>
- [Worksite Wellness Toolkit](http://www.health.state.mn.us/healthreform/ship/implementation/worksite/apprps4toolkit.pdf): provides valuable best practices on implementing wellness efforts in an effective and sustainable way. This toolkit was created as a resource from the Statewide Health Improvement Program and is an excellent resource for both new and existing wellness efforts.
<http://www.health.state.mn.us/healthreform/ship/implementation/worksite/apprps4toolkit.pdf>
- [Wellness 1st Chiropractic](http://wellnessofaustin.com/presentation/): Dr. Kelly Nesvold offers free health and wellness presentations to organizations and is a great resource for work sites looking to improve employee wellness.
<http://wellnessofaustin.com/presentation/>
- [Spark People](http://www.sparkpeople.com/): offers information and resources to help people stay on track with health-related goals.
<http://www.sparkpeople.com/>
- [Health Finder](https://healthfinder.gov/HealthTopics/): offers the latest health related news and healthy living tips.
<https://healthfinder.gov/HealthTopics/>
- [Center for Advancing Health](http://www.cfah.org/prepared-patient/promote-your-health/living-a-healthy-lifestyle): works to increase people's engagement in their health care. This includes providing resources and information on preventive health and workplace health practices.
<http://www.cfah.org/prepared-patient/promote-your-health/living-a-healthy-lifestyle>