



trust Wellness Program Resources

Many of our members have expressed interest in putting together low to no cost wellness programs for their employees. Below are several websites available on the internet that can help. This information can be used to educate employees, build a culture of wellness throughout your organization or for your company newsletters. Provide your employees with information and resources to make healthier lifestyle choices which will pay dividends for years to come.

Physical Activity

TrailLink www.traillink.com

Provides locations throughout CT for hiking and walking trails.

Connecticut Recreation & Parks Association www.crpa.com/resources/public

Provides a link to quickly view all CRPA member parks and recreation departments and access to the State's "find a park" search engine.

No Child Left Inside www.ct.gov/ncli

The State's initiative to assist families in getting children to be more active.

Healthy Eating and Nutrition Sites

Get Healthy CT www.gethealthyct.org

This site provides a central connecting point for information on reducing obesity to "make the healthy choice the easy choice."

United States Department of Agriculture-Choose My Plate www.choosemyplate.gov

Provides online information for eating on a budget, quizzes, and Supertracker which provides the ability to develop a personalized nutrition and physical activity plan.

CT NOFA www.ctnofa.org

CT NOFA (Northeast Organic Farming Association of Connecticut) is the first and leading grassroots association advocating for organic food, farming, gardening and land care in Connecticut, connecting people in the local sustainable food and land care movements with organic resources and education.

CitySeed www.cityseed.org

To engage the community in growing an equitable, local food system that promotes economic development, community development and sustainable agriculture. Several resources include how to cook healthy, farmers markets on wheels and the Master Cooks Corps which provides a community of cooks with materials and resources to expand healthy and affordable food instruction.

Wellness Program Resources

Connectifit www.connectifit.uconn.edu

Focuses on worksite wellness programs and resources that employees can then share with their families and friends putting them on the path to wellness as well. Awareness programs, physical activity programs, environmental programs, and health screening information is at your fingertips.

Disease Prevention

Centers for Disease Control (CDC) www.CDC.gov

Publications and training materials on disease prevention.

Smoking Cessation

Centers for Disease Control (CDC) www.CDC.gov

Links to a collection of guides and documents that focus on cessation topics, such as interventions, clinical treatments for tobacco dependence, insurance coverage, and more.