



[California Fit Business Kit](#)

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The Network for a Healthy California -- Worksite Program is a public health initiative led by the California Department of Health Services and administered by the Public Health Institute. Its purpose is to empower low-income workers to consume the recommended amount of fruits and vegetables and enjoy physical activity every day. The fruit and vegetable and physical activity objectives are designed to reduce the risks of chronic diseases, especially cancer, heart disease, type 2 diabetes, and obesity.

The Worksite Program is based upon extensive research with California employers and predominately low-wage workers. In response to the needs of California's workforce as indicated by our Formative Research, the Worksite Program has developed the California Fit Business Kit to help employers develop and implement a culture and environment at their workplaces that support healthy eating and physical activity among workers.

The Worksite Program works with employers throughout California to:

- Improve access to healthy foods and physical activity at workplaces;
- Foster supportive work environments that encourage healthy lifestyle choices; and
- Establish public policies that bolster health promotion efforts at worksites.