

Good practices in the Green Office tutoring process

Good practice title	Live healthy – stay active			
Good practice photo(s)	Võistkonna nimi	Osaleja nimi	Sammud /minutid	kokku kuus
	Tsellukillerid		minutid	
		Mergit		342
		Veronika		0
		Aet		1235
		Kokku päevas		1577
	Terves kehas terve vaim		minutid	
		Kristiina	minutid /sammud	600
		Heidi	minutid/sammud	271109
		Marili	minutid/sammud	49247
		Kokku päevas	minutid	1440
		Kokku päevas	sammud	319546
	Välejalad			
	minutid	Marju	minutid	425
	sammud	Rein	sammud	248752
	minutid	Agu	minutid	530
			minutid	955
	Kokku päevas	sammud	248752	
	An example of the training diary of one team (it was settled that everyone writes down the minutes of workout (gym, aerobics...)or the number of steps (nordic walking).			
Name of Office	AS Ragn-Sells			
Type of Office (sector)	Waste management			
Website	www.ragnsells.ee			
Country	Estonia			
Tutor name	Karin Kilk			
Environmental aspect/management aspect	Involving employees, health			
Description of good practice (max 250 characters), including the aim of the	<p>Ragn-Sells encourages its employees to keep a healthy lifestyle by being sportive. The sports activities of employees are being mapped and the most active ones are being acknowledged.</p> <p>The aim of the activity is to promote a healthy lifestyle as well as</p>			

<p>activity; indicator(s); used measures and tools; results and achievements; communication related activities.</p>	<p>cooperation within employees, also to increase the well-being of the staff.</p> <p>The indicators are the km-s of moved distance (in the case of Nordic walking) and the number of workouts.</p> <p>Employees are formed into teams that keep a diary of their sports activities. Every month the most active ones are rewarded with gift certificates of sports shops, pulse watches etc. Also, some articles are written and pictures are put on the intranet.</p>
<p>Cost/payback period</p>	
<p>Challenges in implementation</p>	<p>No challenges.</p>
<p>Replicability (yes/no)</p>	