

## **Provide the Necessary Resources for Support**

Leadership who want their programs to succeed must provide adequate resources, including funding, staff, space and time. This may include financial resources, such as purchasing equipment or supplies, printing educational materials, hiring staff to manage and oversee the program or including incentives in the budget. Other resources may include dedicating staff time to planning and implementation, dedicating space to seminars or workout facilities and dedicating employee time for participation. Keep in mind that these resources need not be costly. For example, it may be more cost effective to subsidize memberships to a local gym than to dedicate the space and money it would take to build a new gym on-site, and many educational materials can be found online for free through our partnerships. Leveraging such partnerships and opportunities will allow you to provide the best possible combination of resources to your employees while minimizing the cost impact.

“Provide the Necessary Resources for Support.” American Heart Association, 26 Aug. 2015.