

physical activity @ work



Take Steps to Promote Physical Activity at Work

Fit employees miss fewer days of work, have fewer accidents, deal better with stress, and have higher job satisfaction.

Get management support

- ◆ Set up a wellness committee
- ◆ Expand the mandate of the Occupational Health and Safety Committee to include employee wellness

Plan active social events

- ◆ Run a golf/curling tournament
- ◆ Plan a workplace sports league
- ◆ Enter a team in local charity events or runs/walks
- ◆ Plan family hikes, picnics, swims



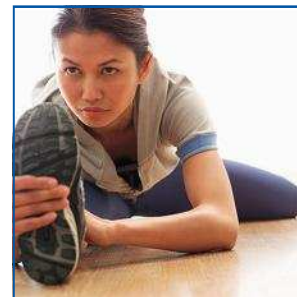
Help employees set active goals

- ◆ Organize initiatives that run 2 – 4 weeks and provide incentives to participate
- ◆ Try a Poker Walk Challenge, Get Active Challenge, Get up and Go Bingo, Mount Neverest (a team challenge), or Bike to Work Challenge
- ◆ Plan a 10,000 Steps Program and borrow a set of pedometers from the Health Unit for your employees



Build active skills

- ◆ Hold “lunch and learns” on desk stretches, gardening, choosing the right shoe, strength training, etc.



Make the active choice the easy choice

- ◆ Start a walking club
- ◆ Map out routes for walks of 10 minutes, 20 minutes, 30 minutes for employees
- ◆ Post “Take the Stairs” signs by the elevator (provided by the Health Unit)
- ◆ Purchase bike racks

Active Living policies

Policies provide consistent support for employees' active lifestyles. For example:

- ◆ Flextime policies allow scheduling for fitness e.g. longer lunch, compressed day
- ◆ “Active lifestyle subsidies” reimburse expenses for athletic shoes, gym memberships, classes or lessons

Websites for Active Workplaces

activelivingatwork.com

cchalw.ca

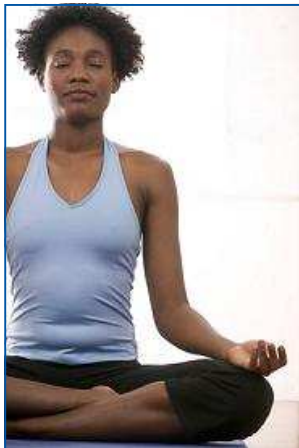
centre4activeliving.ca/workplace

Active Tips for Employees

Boost Energy ~ Reduce Stress ~ Maintain a Healthy Weight

How much activity is enough?

- ◆ Adults need 30 to 60 minutes of moderate activity every day (the pace of a brisk walk). Add it up in blocks of 10 minutes at a time
- ◆ Choose activities that build cardiovascular fitness (walking, cycling), strength (heavy chores, gardening) and flexibility (stretching, yoga)



Set realistic goals to become more active

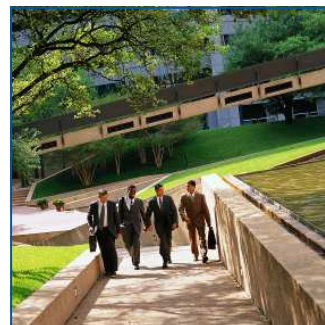
- ◆ Reduce TV time to less than 2 hours a day
- ◆ Use a pedometer and take the 10,000 Steps/Day challenge
- ◆ Walk or bike to work more often
- ◆ Learn new skills (gardening, strength training, running)
- ◆ Increase speed or intensity of current activities to build fitness
- ◆ Avoid drive-throughs – park the car and walk in



Take your barriers seriously

If you're having trouble keeping to a new fitness routine, take a look at your barriers and set goals to address them

- ◆ **Not motivated?** ~ find a walking buddy, choose activities you enjoy, start slowly and build up, do a different activity each day
- ◆ **No time?** ~ Schedule 10 minutes of activity, meet a friend for a walk instead of coffee, walk around the sports field or rink while watching your children play, share household chores at home
- ◆ **No energy?** ~ Start slowly and build up, your energy will increase with your fitness



Physical Activity at Work

- ◆ Keep an extra pair of shoes at work
- ◆ Walk on lunch and coffee breaks
- ◆ Plan "walking meetings" – carry a small notepad
- ◆ Stretch every hour if you sit at a desk
- ◆ Establish, or get involved in, a workplace wellness committee and plan activities you enjoy



Visit www.paguide.com to get Canada's Physical Activity Guide

Active Websites - active2010.ca acefitness.com

