

## **Ideas for Promoting Physical Activity in Your Workplace**

### **Planning**

Giving people the skills they need for physical activity will increase their confidence and encourage participation. When planning activities, one also needs to recognize the varying ability of individuals and their interests.

- Conduct a survey to assess interests of employees
- Try to plan a variety of activities to allow personal choice
- Make activities fun and easy to fit into employees' daily schedules
- Group activities such as team sports, tai chi or yoga can provide motivation and reinforcement towards lasting active lifestyle
- Provide incentives to reward effort made to become more active

### **Promoting**

- Organize a lunch and learn workshop on physical activity
- Have a physical activity display with resources
- Post physical activity posters such as walking, stairwell use, stretch exercises beside elevators, in lunch room, cafeteria or photocopier/fax machine
- Start a bulletin board to post newsletter, community events or upcoming wellness activities such as pedometer challenge, Summer/Winter Active or join the walking club etc.
- Post photos of physical activity events with success testimonials, comments/feedback
- Distribute pay slip inserts and motivational email messages to promote benefits of physical activity

### **Implementing**

- Start a walking club
- Organize team sports such as basketball or volleyball games
- Post opportunities such as nearby walking, biking or hiking routes in nearby parks
- Organize physical activity challenges. E.g. pedometer challenge, physical activity counts challenge
- Introduce stretch breaks before meetings as a warm up activity and during coffee breaks
- Plan special event days. E.g. Bike to work days, sneaker days or walkathon to fundraise for charity

### **Sustaining**

- Establish a workplace committee to plan and implement physical activity events
- Modify workplace environment to make it supportive of physical activities. For example:
  - Install bike racks
  - Install lockers/showers
  - Consider fitness facilities
- Develop a Physical Activity Policy. For example:
  - Subsidized fitness membership
  - Flexible work hours
  - Allow time to participate in physical activity events

**For more information on Workplace Wellness, please call  
York Region Health Connection at 1-800-361-5653 TTY 1-866-252-9933**