

Ideas and Suggestions for Supporting Physical Activity at Work

physical activity

You can help your employees to be active at work by modifying work conditions and environments where possible and fostering a culture that supports being active. For example:

- **Promote the use of stairs** and ensure the stairways are clean, well lit, properly ventilated and safe. Post reminders to take the stairs at the entrance to elevators.
- **Use points-of-decision prompts.** These are cues posted at strategic locations where individuals can make a choice about taking the stairs, stretching, etc.
- **Promote active commuting** (e.g., walking, cycling, jogging, in-line skating) to work and provide access to bike racks, change rooms and showers. Support a more flexible dress code and give staff information about safe and efficient routes to work.
- **Have an outdoor area** for staff and provide basic equipment like soccer balls to use during lunch or after work.
- **Offer onsite physical activity challenges, programs or events.** (Include a variety of options to accommodate for different ages, abilities and preferences; e.g., team vs individual sports.)
- **Support flexible working hours** to allow employees to take advantage of physical activity opportunities. Allow individuals to take an extra half hour twice a week at lunch to walk, swim, attend a fitness class, etc.
- **Offer incentives and recognition** to those employees who are physically active and/or formally registered in any workplace physical activity opportunities.
- **Provide subsidies** for staff to use toward fitness memberships, recreation programs or fitness equipment.
- **Establish a stretch break** as part of the start to each workday or shift.
- **Establish a buddy system.** Post a sign-up board where staff can join a group or find a buddy to participate in activities they enjoy.
- **Host company recreational events** such as activity days, ski days, golf days.