

Having a desk-bound job does not mean you are bound to sitting all day. There are simple and fun ways you can work towards achieving your recommended 150 minutes of physical activity each week (refer to the Canadian Physical Activity Guidelines for more details). Below are tips for both employers and employees:

## Ways employers can promote wellness

- 1** Plan staff activities (either during or outside of working hours) that promote physical activity
- 2** Challenge your staff to friendly competitions that promote wellness. Incorporate rewards as incentive
- 3** Sign up for UPnGO with ParticipACTION to learn more about workplace wellness programs
- 4** Start each meeting off with a team stretch
- 5** Organize a walking group
- 6** Identify and map out near-by walking routes
- 7** Be flexible with lunch breaks to allow staff to incorporate physical activity into their day
- 8** Be flexible with work hours (if possible) and allow employee to deal with doctor appointments, childcare, family obligations "etc"
- 9** Encourage staff to stand up and stretch or walk during mid-morning and mid-afternoon
- 10** Include staff in the decision when choosing the types of activities and challenges they would be interested in participating in
- 11** Plan an activity for the last Friday of every month. This could be a general skate during lunchtime, or having a friendly game of pickleball
- 12** Provide resources to staff on a variety of topics related to workplace wellness
- 13** Organize and encourage walking meetings

<http://>



Check out the other resources we have created for workplace wellness for more information:

<http://www.recreationnl.com/workplace-wellness-campaign/>



## Tips for employees to move more

- 1** Walk to your co-workers desk to talk instead of sending an email or talking on the phone
- 2** Drink more water. The more you drink the more you have to get up to fill your water bottle and the more you have to empty your bladder
- 3** Stand up and stretch every hour
- 4** Use your lunch break as an active break. Go outside for a walk or climb the nearest set of stairs
- 5** Participate in friendly competitions and activities that your workplace offers. This will help build staff morale and reduce stress throughout the day
- 6** Be a leader – encourage your co-workers to participate. A bit of motivation and competition can help someone achieve their fitness goals
- 7** Talk to your employer about the benefits of having a wellness program in place


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### ADDITIONAL RESOURCES

#### Blog Articles from ParticipACTION:

“Nine healthy workplace commandments”

<https://www.participaction.com/en-ca/blog/workplace-wellness/nine-healthy-workplace-commandments>

“Why common workplace wellness challenges are also the biggest opportunities”

<https://www.participaction.com/en-ca/blog/workplace-wellness/why-common-workplace-wellness-challenges-are-also-the-biggest-opportunities>

“10 clever ways to nudge your workplace to move more and sit less”

<https://www.participaction.com/en-ca/blog/workplace-wellness/10-clever-ways-to-nudge-your-workplace-to-move-more-and-sit-less>



### UPnGO WITH PARTICIPACTION INITIATIVE

UPnGO with ParticipACTION helps deskbound workplaces seamlessly integrate fun, rewarding, and healthy behaviour programming into the workday to help employees be at their best.

Learn more & sign up today: <https://www.participaction.com/en-ca/programs/upngo>