

Active tips for indoor spaces



10 tips for making indoor spaces and places more active

Share the below tips with staff and volunteers to make sure your community is doing everything possible to promote more physical activity and less sitting time through active spaces and places.



1 Make sure your facility has accessibility features – from a physical/structural standpoint as well as financial.



2 Promote active hallways or walls throughout your recreation facilities. Place hand shaped stickers on the walls for children to jump up or reach down to give high fives!



3 Place stair wraps of encouraging messages on the stairs. Better yet “gamify” those locations like a game of Pac-Man going up the staircase to make it a fun activity for all to enjoy!



4 Add signage in meeting/conference spaces to encourage people to sit less and move more. **“Let’s All Take Some Time And Take A Stand”**



5 Community rinks are a great way to get the message out there to parents watching their child be active. Encouraging messages on the boards to remind parents to squeeze in a walk while practice is underway or in between periods would be a great addition to any rink!



6 Families have busy schedules getting their children to activities and find it hard to fit in activity for themselves. When developing community programs consider offering adult spin or yoga classes at the same time as children activities.

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When retrofitting existing spaces consider multiple colour floor tiles instead of one tile colour. It will not only brighten up your space but be inviting for children to hop, wheel and jump on to practice those fundamental movement skills – the building blocks of physical literacy. They will be moving without even noticing!



When designing new spaces and places keep universal design top of mind to encourage everyone to get more active in their communities' spaces and places. Emphasize staircases as being the first choice. Instead of hiding staircases in the corner, make them more prominent and a focal point of your facility or space.



Incorporate signage to encourage the public to take the stairs instead of the elevator. **“Get Your Daily Dose of Physical Activity – Take The Stairs!”**



Parents love watching their child participate in an activity. Include signage to get parents to actively watch instead of sit. **“Let’s Get Moving While You Watch”**