

How to be a champion for an active workday



Commit to creating and maintaining an organizational culture that encourages and supports daily physical activity among employees. Share the below tip sheet to help encourage co-workers to sit less and move more throughout the workday:



Choose standing or walking meetings (where appropriate) to break up hours of sedentary time.



Take the stairs rather than the elevator. Challenge yourself to only take the stairs at work. Once you get a streak going, you won't want to stop!



If available, use standing desks/ work stations for short periods throughout the day.



Be a champion of physical activity and initiate activity breaks throughout the workday. Try the 7-streak challenges to start!



Consider active transportation both to and from work a couple times a week. Or create the option of having a bike share initiative at work for employees to use throughout the work day.



Take regular standing/stretch breaks during the day. Keep resistance bands at your desk to exercise while reading or taking conference calls.



Have a "get active at work" kit at your desk to use when needed (deodorant, face wipes, dry shampoo, sneakers, hair elastic, etc.)



Set reminders on your phone alarm to get moving every hour or so. Whatever works for you and your workplace!

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Buddy up with a colleague to be active at lunch with or get active yourself during lunch break.



Take advantage of on-site facilities and/or on-site classes or opportunities for physical activity.



Take a short walk to co-workers stations/offices instead of emailing those you work with.



Provide maps of walking routes around the area and post them with times and distances.



Post wellness information in a central area.



Organize quarterly physical activity breaks to introduce new activities and to revisit favourites.

