

# Benefits of Physical Activity in the Workplace



ParticipACTION has prepared messages to make it easy to communicate the benefits of physical activity in your workplace and encourage employees to make it part of their everyday lives. Below you'll find some pre-written messaging to help you generate discussion of physical activity around the office.



Having trouble setting aside time to be active? Adults should accumulate at least 150 minutes of heart-pumping physical activity per week – but how you get those 150 minutes is up to you! Working out in 10-minute bursts can help sneak in physical activity.



Irritated? Stressed? Overwhelmed with work? Physical activity is a great way to improve your mood, your focus, and help you unwind after a long stressful day.



Research shows that people who are regularly physically active are consistently more productive after seven hours of work than those who aren't. Think better when you move.



Daily physical activity has been proven to improve divergent and convergent thinking, the two components of creative thinking. Kick it up a notch in your next brainstorming session by getting your sweat on beforehand.



Immediately following exercise, problem solving, memory and attention improve. Higher intensity aerobic physical activity also improves concentration and cognitive function. So, try going for a quick walk or run before your next big meeting.



Sedentary adults who engaged in as little as 20 minutes of low to moderate physical activity, three days a week for six weeks, reported feeling less fatigued and more awake. Get moving to energy better.



Active people get more done at work. People who are regularly physically active are consistently more productive after seven hours of work than those who aren't. Get ahead at work by moving more in the office.