

Facts on Physical Activity



How physical activity can improve your day at work

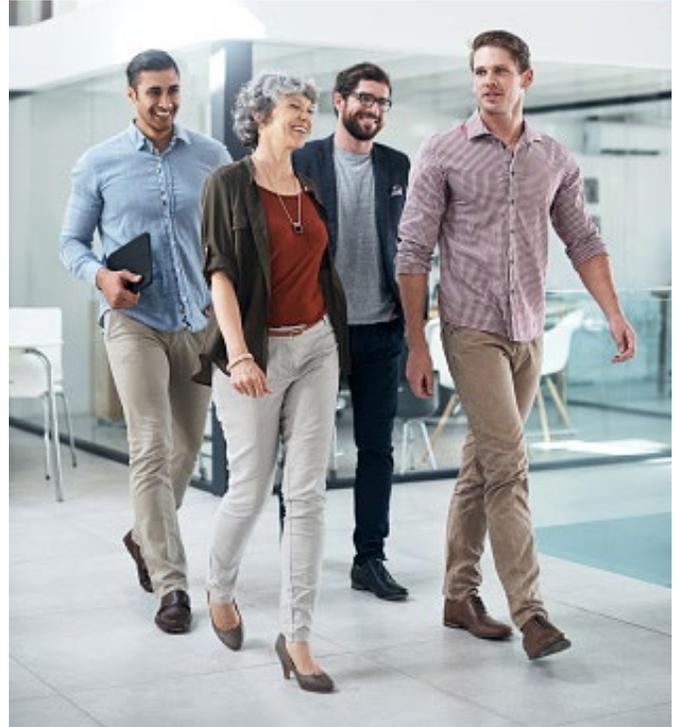
Provide your employees or your employer with the below facts to encourage and support increased physical activity and decreased sedentary behaviour in their day-to-day lives. These can be sent out in the company newsletter, staff emails, email taglines, or even posted in common office spaces and places.



Physical activity can help you work better in some major ways: it can help improve your productivity, attention and focus, but it can also help you enjoy work more and manage stress so that you're a better employee – and family member.



People who are regularly active are consistently more productive after seven hours of work than those who aren't – they have better executive function, more energy, less stress, clearer minds, more confidence, better memory, enhanced concentration and more creativity.



Regular activity breaks increase blood flow to your brain, resulting in better focus and attention.



Get active on your lunch hour! Research shows that some of the most productive employees take, on average, a 17-minute break for every 52 minutes of work. Allow your brain the recovery time it needs to get back to its creative, productive and focused self.

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Research shows that immediately following exercise, problem solving, memory and attention improve. The hippocampus, which is the core of the brain's learning and memory systems, responds strongly to aerobic exercise.



Evidence shows that this part of the brain grows as people get fitter and helps partly explain the attention and memory-boosting benefits of physical activity.



A recent study shows that moderate aerobic physical activity not only improves cognitive function, but concentration as well.



Did you know that employees spend an average of 25 seconds waiting for an elevator, when 2 flights of stairs can be accomplished in about the same time? Active time can be accomplished anywhere – get creative!

