

Workplace Nudges



10 examples of awesome workplace nudges



1 A sign by the elevator that encourages everyone to take the stairs. **“Get Your Daily Dose of Physical Activity – Take The Stairs!”**



2 An hourglass timer on the boardroom table that runs out every 30 minutes, prompting people to take a break from sitting and do some stretches.



3 A sign on the front door of your building that prompts people to park farther away and walk more instead. **“Park Far Away. Walk and Enjoy Your Day!”**



4 Post signage that encourages people to sit less and move more when in meetings. **“Let’s All Take Some Time and Take A Stand”**



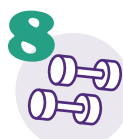
5 A note at the end of your meeting invitation that says **“To promote a healthy active workplace, we will be encouraging participants to stand throughout the meeting, if at all possible.”**



6 An email letting your coworkers know that you’ll be taking a half-hour walk at lunch and that they’re welcome to join you.



7 A handy map that’s kept in a common area that highlights all the nearby hiking and biking trails.



8 A designated activity space in the office with welcoming signage such as **“Get Active and Unwind Here”**. The space can include small equipment such as yoga mats, resistance bands, or light hand weights. Whatever works with your space and budget that gives the impression that movement is permitted.



9 A sticky note on your desktop computer reminding you to stretch for a minute or two every 30 minutes.



10 Leave a pair of sneakers or snowshoes in your workspace so you always have access to an activity throughout the work day.