



INCREASING PHYSICAL ACTIVITY AT WORK

THIS SECTION INCLUDES:

Worksite Walking Club

Healthy Breaks During the Workday



WORKSITE WALKING CLUB

Worksite walking is an easy way to get active during the workday, its cost-effective, and a great opportunity for coworkers to interact with each other. Walking provides individuals with many health benefits such as improved flexibility and coordination, helps control body weight, lowers blood pressure, and reduces the risk of chronic diseases. Below is a simple guide for businesses to create their own walking club.



ORGANIZING

Identify 3 to 5 individuals to help you start the club by promoting the club and encouraging employee participation. Obtain management approval!

PLANNING

When and how often will the club meet? Plan at least 2 to 3 days per week! Set a time when most employees can attend. Choose a safe route.

PROMOTION

Develop posters and flyers noting the date, time and location of walks. Advertise the walking club in your worksite newsletter or email communications.

KICKOFF EVENT

Hosting a kickoff event creates excitement for the walking club. Remind individuals to walk at their own pace, and as often as possible!

SUSTAIN

Continuously promote the club. Highlight members' efforts and continue to motivate by including testimonials in the worksite newsletter, recognizing members when they reach milestones, and providing incentives if possible!

EVALUATION

Management support is key to maintaining a successful worksite walking club. To sustain management support, periodically share evaluation data and positive impacts. Measuring the effectiveness of your walking club can be achieved through attendance records, member satisfaction surveys, and member testimonials.



HEALTHY BREAKS DURING THE WORKDAY

A short break can positively impact the mental and physical health of your employees. A constant focus on one activity and staring at a computer screen for a long period of time will eventually lead to mental exhaustion. Don't just encourage employees to take a break - encourage them to participate in physical activity as well!

HEALTHY BREAK SUGGESTIONS:

- Take a walk around the parking lot
- Walk up and down the stairs
- Use restrooms on other floors to get more walking in during the day
- Do some stretches
- Stop by a co-worker's desk instead of calling them
- Shut your eyes for a few minutes
- Do 60-90 second standing breaks for every hour you sit
- Keep a set of hand weights by your desk – use them 3-4 times per day for muscle strengthening
- Take a five-minute walking break while you brainstorm

DON'T LET MEETINGS STOP YOUR EMPLOYEES FROM BEING ACTIVE!



SCHEDULE AT LEAST ONE 5 MINUTE STRETCH BREAK FOR EVERY ONE HOUR MEETING

- Simple yoga poses
- Chair exercises, like leg lifts
- Arm and body stretching



ARRANGE FOR ONE 15 MINUTE ACTIVITY BREAK DURING AN ALL DAY MEETING

- Invite a wellness champion to lead a brief workout
- Organize a walk around the building or campus
- Organize a stair climb during the break

RESOURCES FOR HEALTHY BREAKS

Office Stretches:

<https://www.healthline.com/health/deskercise#3>

<http://workawesome.com/productivity/desk-fitness-series-11-simple-stretches/>

Yoga Stretches:

<http://www.yogajournal.com/practice/231>

<https://crim.org/mindfulness/mindfulness-resources/>

Office Exercises:

<http://www.washingtonpost.com/wp-srv/special/health/workout-at-work/>