

5 Ways to Incorporate PHYSICAL ACTIVITY at Work

1

Active workstations

Standing desks and adjustable workstations allow employees to alternate between sitting and standing throughout the day to reduce sedentary behavior and promote better posture.



2

Walking meetings

Where possible, conduct meetings while taking a walk to swap sitting for fresh air and movement.

3

Staircase campaign

Create signage or artwork on each floor that promotes taking the stairs instead of elevators or escalators.



4

Active breaks

Encourage employees to take short, active breaks throughout the day for stretching, walking, or simple deskercise movements.

5

Lunchtime classes

Offer classes like yoga, stretch 'n de-stress, Zumba, or other fitness classes to provide opportunities to be physically active from the convenience of the workplace.

