



# Physical Activity in the Workplace

healthful

## Remember:

- Keep your policies flexible and simple - they might need adjustment to accommodate employees' and employers' evolving needs.
- If you decide to implement your policy in stages, make sure the changes are accompanied by strong and highly visible management support (specific deadlines).
- The most important elements of the implementation process are:
  - communication to promote education and awareness
  - employee input and participation
  - strong management support

**G**et active your way, every day - for life! Some is good, more is better! Everyone can do it! Build physical activity into your daily life. Get your personal copy of Canada's Physical Activity Guide to Healthy Active Living today! If you're interested in establishing an active policy, contact the Eastern Ontario Health Unit.

Adapted from Health Canada, Fitness Works, Building the Commitment, A Policy Approach. Active Living in the Workplace.

Workplace health promotion programs can improve employee health without breaking the bank. Here are a few ideas and tips to help you develop a healthy workplace policy.

## Notice a positive change in your employees

The Corporate sector can play an important role in encouraging Canadians to become more active.

Employees who are more active report:

- better health/wellness
- improved morale
- increased tolerance for stress

With increased activity comes better concentration, more effective decision-making skills, increased productivity, and more proficient work habits.

Physical activity is generally associated with positive outcomes such as improved physical fitness, and physical, mental and social health.

## Active policies:

- Provide lockers, showers and facilities, including safe, secure and convenient cycle parking. Also provide storage with adequate lighting and protection from the elements (for clothes and equipment).
- Implement relaxed dress codes, making it easier for employees to walk or roll to work (perhaps on specific days of the week).
- Implement fit breaks two times a day.
- Subsidize company teams in a sporting competition, and/or subsidize exercise club memberships.
- Establish a healthy workplace committee and assign a budget.

## Development of active policies in the workplace should:

- represent the expressed needs and desires of both employees and employers
- be written in a simple style with a clearly defined purpose
- be realistic and lend themselves to evaluation
- include direction regarding the use of resources



**Questions?**  
**613-933-1375 or**  
**1 800 267-7120**  
Ask for the Health Line.