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## Encourage physical activity at work

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Show that your company values an active workforce - by having policies that support and encourage staff to be physically active at work.

### 1. Offer job flexibility

It helps to have policies that allow for flexible work arrangements, such as:

- working from home
- sharing a job with another person
- having flexible work hours

### 2. Support physical activity

Have policies or guidelines that allow staff to:

- wear casual clothes or have "dress-down" days
- take a longer lunch hour so they can take part in physical activity
- organize or take part in physical activity events during work

Offer a variety of activities:

- planned and spontaneous
- competitive and non-competitive
- those that suit men and women of different ages, cultures, abilities, skill levels and levels of confidence

Provide opportunities for physical activity at various times: early morning, during breaks, at lunch, after work or on weekends. This lets staff take part when it suits their schedule.

Encourage managers and key employees to be active, as they are role models for other staff. Ask them to make others aware of your policies that encourage physical activity. Teach them about current research, skills, and guidelines related to physical activity.

### 3. Promote health and well-being

Offer helpful programs, such as:

- offering private health insurance benefits
- establishing a workplace wellness program to promote employees' health and social well-being

Providing a wellness program and opportunities for physical activity are good ways to attract new employees.