
Ensuring a supportive environment at work

Use the physical environment in and around your workplace to support your staff's efforts to be physically active.

1. Encourage staff to find active ways to get to and from work

Motivate staff to walk or bike to work by:

- providing bus schedules and selling tickets
- mapping out safe, convenient and pleasant routes
- keeping trails, paths and roadways in good repair
- promoting bike to work month
- installing bicycle racks
- providing showers, change rooms and lockers

Contact your local planning and transit departments for help with maintaining trails and paths or providing secure bike parking. Visit this site for a bike month planning guide

<http://www.toronto.ca/cycling/bikeweek/index.htm>

2. Provide access to exercise and fitness facilities

Consider creating an exercise room with weights or stationary bikes. Or make arrangements for staff to access off-site facilities, by:

- negotiating a group discount for staff with a local fitness facility, health club, pool or golf course
- sharing facilities with a community centre, school or church hall

3. Provide opportunities for sports, recreation and other activities

Plan a variety of sport or recreation events for your employees, such as golf tournaments, ski trips or team sports.

Other ideas for fun events include:

- a walking club
- SummerActive or WinterActive
- a "Sneaker Day"
- a "Corporate challenge" for physical activity
- taking part in "Healthy Workplace Month"

<http://www.winteractive.org/en/about.asp>
[x](#)

<http://www.healthyworkplacemonth.ca/>

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Post eye-catching signs beside stairwells encouraging people to use the stairs.
Or download a motivational poster from the Stairway to Health Program (www.phac-aspc.gc.ca).

Use open meeting rooms or the cafeteria as places for “stretch breaks” or other physical activities.

Look around the neighbourhood. Tell staff where they can find:

- open spaces
- walking or bicycling trails
- community centres
- facilities in schools (after school hours)

4. Provide amenities that support physical activity

Make it easier for your staff to be active during the commute and the workday by putting these things in place:

- a change room with lockers
- bicycle racks
- showers

5. Allow flexible work arrangements

Workplace policies can help people to be active. Consider a flexible work policy so employees can flex their work hours so they can:

- take part in physical activity while at work,
- Choose active transportation to get to work

Developing health promoting policies in the workplace: from knowledge to action

Two free workshops! Save these dates:

February 25, 2009 8:30 to 12:00 p.m.

April 22, 2009 8:30 to 12:00 p.m.

Visit the following sites for suggestions and examples of workplace policies.

Workplace Programs, Policies and Practices

http://www.hrsdc.gc.ca/eng/lp/spila/wlb/11programs_policies_practices.shtml

Toolkit for Influencing Physical Activity Policy

<http://www.ophea.net/PARC/policy.cfm>

The Health Communication Unit Introductory to policy development.

<http://www.thcu.ca/infoandresources/policy.htm>

Working to become active:

Increasing physical activity in the Canadian Workplace

Action steps from Bulletin 3 - April 2008

Available at www.cflri.ca/eng/statistics/index.php