



The Canadian Fitness and Lifestyle Research Institute surveyed Canadian workplaces in 2007-8. Here are some ways to use the findings from their survey.

Providing programs that support physical activity

Providing fitness and physical activity programs in your workplace is an effective way to help your staff be more active, more productive and lose fewer workdays due to short-term disability.

1. Provide a variety of programs

Make a variety of programs available in your workplace such as:

- fitness testing
- physical activity counselling
- individual fitness programs or activities
- group exercise programs like a walking club
- recreational activities and clubs
- team sports

Variety also means offering:

- planned or structured programs as well as spontaneous activities and occasional events
- seasonal and year-round programs

Smaller companies can look for opportunities to share facilities or negotiate for their staff to use community programs.

2. Allow open access

Make the programs accessible to as many people as possible. Open programs to:

- full time, part time and casual or contract workers
- employees' children and families
- retired workers

Offer programs at various times:

- before work, during lunch, after work, in the evenings and on weekends
- during work hours, by allowing staff to make flexible work arrangements

3. Motivate inactive staff

Your workplace can benefit from increased productivity and reduced absenteeism by:

- helping active people become even more active
- getting inactive people to increase their activity levels

Offer individual instruction or counseling to encourage inactive employees to become more active and take part in programs.

Working to become active:

Increasing physical activity in the Canadian Workplace

Action steps from Bulletin 4 - April 2008

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