

Source: Region of Peel  
Human Resources, Healthy Workplace Program

### *Physical Activity-Mix Fresh Air with Fresh Thinking*

Encouraging active breaks during meetings will boost the energy levels of the participants and make your meetings more productive. If you are planning to include a formal fitness activity please advise attendees in the agenda and mention that participation is optional.

Are you aware that ergonomic recommendations encourage breaks every 30 minutes to improve circulation? Check out the ideas below to see what you can do at your next meeting.

### *Ideas for Action-Packed Meetings*

- When sending meeting invitations and describing parking, encourage attendees to park further away from the building
- Encourage attendees to take the stairs to and from meetings or at break time by providing directions to the stairwell, as well as the elevator
- For all-day meetings, supply maps for outdoor walks in the area
- Replace a “coffee break” with a walking or activity break
- Encourage everyone to “walk a block” at lunch time
- Start the meeting with a physically active icebreaker, or include a “seventh inning stretch” (an energizer/stretch break in the middle of the meeting)
- Build changes in positioning into the meeting to improve circulation to the legs
- Hold walking meetings with small groups

### *Activities*

- Stretching is an activity that is easy to perform and doesn't require any special equipment. You can stretch anywhere, anytime. Stretching is a safe and easy way to increase your flexibility and enhance your fitness. Try some of these basic stretches
- Bring audio tapes which incorporate 5 to 10 minute relaxation visualizations (getaways, retreats, peaceful places)
- Within those attending the meeting, see if anyone is able to provide a stretch break, physical activity break, or relaxation session.