

Get Active at Work Guide

Current evidence based guidance recommends that sitting time at work should be interrupted with short (2 minute) bouts of activity every 20 minutes and/or 5 minutes walk every hour. Use the idea's below to help make this happen.

Things you can start today

1. If you're on the phone and you don't NEED to be sitting, stand up or better still walk.
2. Choose a printer that requires you to walk an annoying (!) distance to it.
3. Schedule exercise/walk time on your work calendar and treat it as any other important appointment.
4. Plan a "walk and talk" meeting with a co-worker.
5. Use the stairs instead of the lift.
6. Personally deliver messages within your workplace instead of using phone or email.
7. When your reading paper documents, stand or move to a different space at your desk.
8. Spend short periods perched on the front third of your seat (activates your core muscles).
9. Walk around your building for a break during the work day or during lunch.
10. Park farther away from the office door and walk the extra distance.



Actions for Workplace Leadership

1. Develop a workplace physical activity policy.
2. Support incorporating physical activity breaks as standard into meetings, conferences and events.
- 3.Circulate contact details and encourage participation at gyms/exercise classes nearby.
- 4.Provide staff with maps that show nearby walking routes; recreational and exercise facilities.
- 5.Support schedules that facilitate physical activity, such as flexible start and finish times; longer lunch breaks to provide time for physical activity.
- 6.Ensure your leaders lead! i.e. they do the things on the other list and they support involvement in physical activity.
7. Support and encourage staff to stay at hotels with gyms or swimming pools while on work trips.
8. Provide access to sit stand workstations that enable easy transition from sitting to standing and vice versa.

The message to remember is “sit less, stand more, move more!!”