

Strategies for promoting physical activity

Quick wins

- » Display physical activity information, like the posters and brochures available from *LiveLighter* and *Healthier Workplace WA*, throughout the workplace to encourage workers to be active
- » Regularly communicate (through email, intranet, and flyers) to workers the benefits of physical activity and reduced sitting time and provide website links
- » Provide maps of local walking, cycling or public transport routes to and from your workplace
- » Start a lunch time walking group
- » Promote regular standing, stretching and walking breaks to reduce sitting time
- » Register teams to participate in events and activities

Strategies

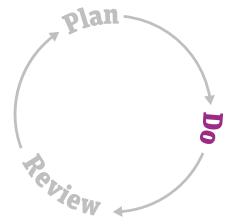
- » Establish a workplace policy that promotes physical activity and reduced sedentary behaviour - see our *physical activity policy template*
- » Encourage participation in physical activity before, during and after work by:
 - o Providing flexible working hours
 - o Offering facilities such as showers, change rooms and lockers; see our *facilities checklist* for more ideas on what you could provide
 - o Offering onsite fitness and recreation facilities
 - o Providing discounted or subsidised membership at local health and recreation clubs
 - o Supporting the creation of sporting teams
 - o Organising a fitness challenge like the *Get on Track Challenge*
 - o Organising for an exercise professional to run education sessions and perform workplace consultations
 - o Encouraging workers to participate in local, state or national events such *Run for a Reason*, *Bike Week* and *Walk Over October*
 - o Forming a walking group and join the *Heart Foundation Walking Program*
 - o Allow workers to use an allocated amount of work time for physical activity. Set a maximum amount of hours (one to two per week) and approved activities (moderate to vigorous activities are best). For example, if an hour-long group fitness session starts at 4.30pm, a worker uses 30 minutes of work time and 30 minutes of their personal time to attend.

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- » Support measures to reduce sitting time, such as:
 - Promoting walking or standing meetings (instead of sitting or 'coffee' meetings)
 - Encouraging workers to get up and talk to their colleagues rather than emailing
 - Removing waste and recycling bins so that workers must get up and walk to a central bin
 - Encouraging workers to stand and stretch every time they answer the phone
 - Providing sit-stand or standing work stations
 - Providing prompts to move via the desk top
- » Encourage and support active transport to, from and during work by:
 - Introducing a pool bike system for workers to cycle to nearby appointments
 - Providing corporate SmartRider cards to encourage staff to catch public transport to meetings or training
 - Developing an active travel plan for your workplace with help from *TravelSmart*
- » Provide support like flexible working arrangements or incentives like financial support for workers to take part in weight management activities
- » Support workers to improve their health and wellbeing by encouraging them to participate in the online behaviour change program *My Healthy Balance*
- » Include physical activity in social events like super golf, bushwalking, lawn bowls or other team games

Online Resources:

-  [Physical activity policy template](#)
-  [Facilities checklist](#)

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