

What can you do in your workplace to get physically active?

Take on an Exercise Challenge

Challenge your colleagues!

You increase your miles by walking, running, cycling, swimming or doing all four! It could be a strength/stretch exercise challenge.

Or why not try a 'Reducing Your Sitting Time' Challenge. Or you could see who makes the most improvement.



Funding for incentives during the challenge plus/or prizes upon completion.

Resources:

NHS Couch 2 5K running app.

<https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/>

NHS Active 10 Walking app.

[Get active - Better Health - NHS](#)

Home Workout

https://play.google.com/store/apps/details?id=homeworkout.homeworkouts.noequipment&hl=en_GB

Exercise Equipment Bursary



Identify a space for exercise equipment and access to online exercise classes that will offer bite size sessions during the working day.

Funding to purchase exercise equipment such as stability balls, weights, resistance bands, etc.

Resources:

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

<https://www.better.org.uk/what-we-offer/activities/exercise-at-home>

<https://couchtofitness.com/>

Staff that are passionate about being physically active and would like to motivate others.
To help them enjoy being active, motivate, overcome barriers and build confidence.

A man and a woman are jogging on a paved path in a park. The woman is in the foreground, wearing a white tank top and patterned leggings. The man is slightly behind her, wearing a black t-shirt and patterned leggings. They are both smiling and looking towards the camera. The background is filled with lush green trees and a clear sky.

<https://www.everyoneactive.com/content-hub/gym/7-benefits-of-having-a-workout-partner/>

Supporting staff that feel their health condition(s) prevent them from becoming physically active on a regular basis.

A central red circle labeled "CHRONIC DISEASES" has ten arrows pointing outwards to surrounding colored circles, each containing a chronic disease name: Cystic Fibrosis (orange), ALS (orange), Dementia (orange), Arthritis (pink), Asthma (pink), Endometriosis/Bowel Diseases (purple), COPD (purple), Cancer (blue), Eating Disorders (green), Heart Disease (green), and Obesity (orange).

<https://weareundefeatable.co.uk/>
<https://movingmedicine.ac.uk/>

A word cloud with 'MENTAL HEALTH' as the central, largest text. Other words include 'WELLNESS', 'FITNESS', 'CARE', 'ENERGY', 'RELAXED', 'LIFE', 'LIVING', 'HAPPINESS', 'LIFESTYLE', 'READY FOR', 'WELLNESS', 'LIFE', 'EXERCISE', 'MIND', 'HEALTH', 'WELLNESS', 'CARE', 'FITNESS', 'ENERGY', 'RELAXED', 'LIFE', 'LIVING', 'HAPPINESS', 'LIFESTYLE', 'READY FOR', 'WELLNESS', 'LIFE', 'EXERCISE', 'MIND', 'HEALTH'. A magnifying glass is positioned over the word 'MENTAL HEALTH'.

Funding to have support and advice from mental health specialist to increase physical activity levels.

<https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-exercise-and-mental-health/>
How To Get More Active When You Have A Mental Health Condition

An illustration of a health fair with several booths. From left to right, the booths are: a green booth with a person in a wheelchair, an orange booth with the text 'WE ARE A SMOKE FREE WORKPLACE', a blue booth with a person on a stationary bike and the text 'HEALTH CHARTER', a purple booth with a person wearing glasses and the text 'DITCH THE LIFT', and a green booth with a person in a yoga pose and the text 'MENTAL HEALTH SEMINAR TODAY'. There are also people walking around the booths.

Funding to pay for instructor fees or funds to pay a member of staff to undertake some training to then deliver the sessions.

There are a few packages out there that your workplace could purchase.

Resources:

<https://www.workplacemovement.co.uk/>



Funding to cover costs of staff attending.

Raising the awareness across the workplace of how important it is to be physically active.

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- TAKE HOURLY BREAKS** 
- TAKE YOUR PHONE CALLS OUTSIDE** 
- USE A LASER PEDIOMETER** 
- TAKE THE STAIRS** 
- ORGANIZE YOUR WORKSPACE** 
- MAKE A STANDING DESK** 
- GET A GOAL SETTING BUDDY** 
- PARK FAR AWAY** 
- STOCK UP ON HEALTHY SNACKS** 
- PACK A LUNCH** 
- 10 WAYS TO STAY HEALTHY AT WORK**
- DID YOU KNOW?** STUDIES SHOW THAT THE AVERAGE AMERICAN SITS FOR ABOUT EIGHT HOURS A DAY.
-  **sua**

All your funding applications to encourage your workplace to become more physically active are welcome

