

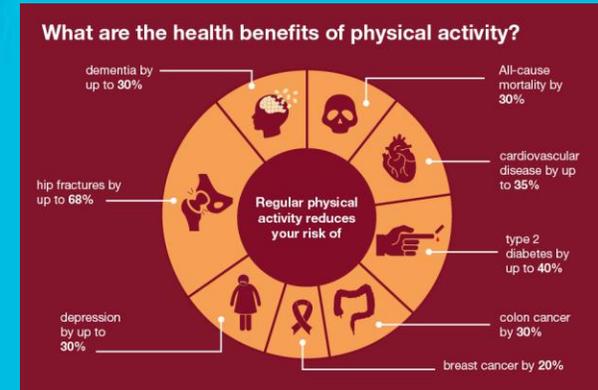
# The Power of Movement at Work

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# Miracle Cure!



**Building movement into the working day to create healthier, happier workplaces**



# We spend more of our lives at work than anywhere else!



In the UK, the average person sits between 7 and 10 hours a day.

Someone who starts work at 18 and works full time until they retire at 65 can expect to spend more than 75,000 hours in the workplace!

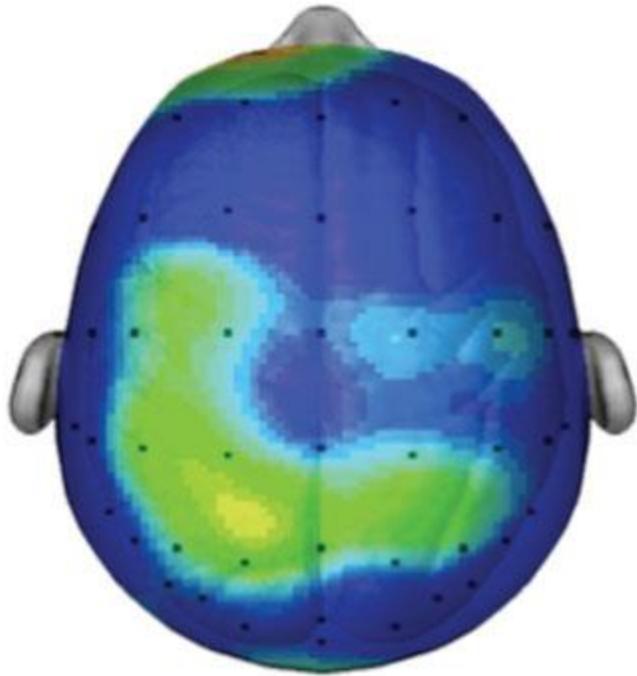
Almost 70% of sitting takes place at work, with 73% of workers only leaving their desks for toilet or tea breaks.

Research shows that spending prolonged periods sat down without moving increases health risks to ALL employees, no matter how active they are outside work.

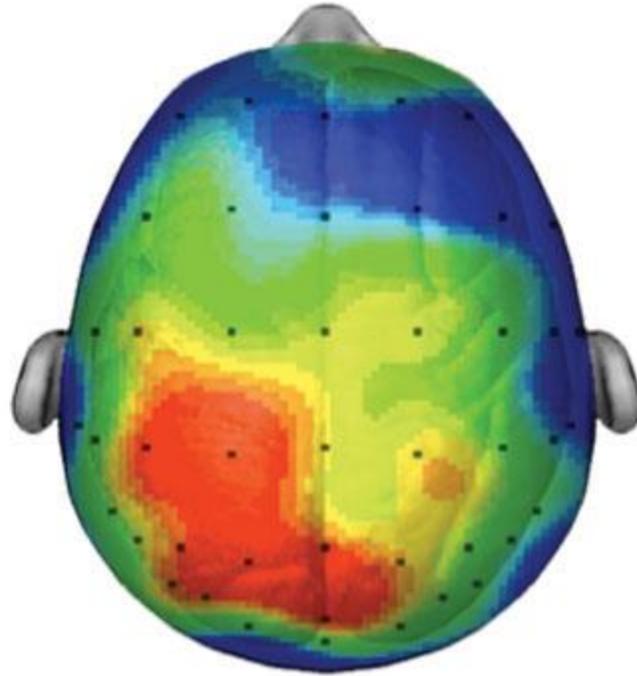
Daily movement in the workplace can help improve focus, concentration and productivity as well as boosting our mood and building morale.



# How a lunchtime walk can beat the mid-afternoon slump



**After 20 minutes of sitting quietly**



**After 20 minutes of walking**

This is a scan from a study into brain activity and exercise. Red and yellow shows greater activity (improved cognitive function) than green or blue (which is the least).

Research/scan compliments of Dr. Chuck Hillman, University of Illinois

# How YOU get moving activity

- Please stand up and find a space so you can move around
- There are five questions, answer each question by doing the movement activity in brackets
- If you are unable to do the movement activity answer for any reason, please adapt it to suit you, choose your own or one of the other activities that are suitable for you



# How YOU get moving

## 1. How much time do you spend getting moving each week?

- None, but I would like to start (**side to side step**)
- A little bit, but I would like to do more (**circle both arms**)
- I get moving regularly throughout the week (**heel kicks**)

## 2. Which of the following interests you the most?

- Getting moving outdoors (**side hip leg raise**)
- Getting moving indoors (**stand on one foot**)
- Activities to help you feel better (**heel raise**)
- Getting active with others (**bicep curls**)
- Building activity into my routine e.g. at work / commuting to work (**side to side arm stretch**)



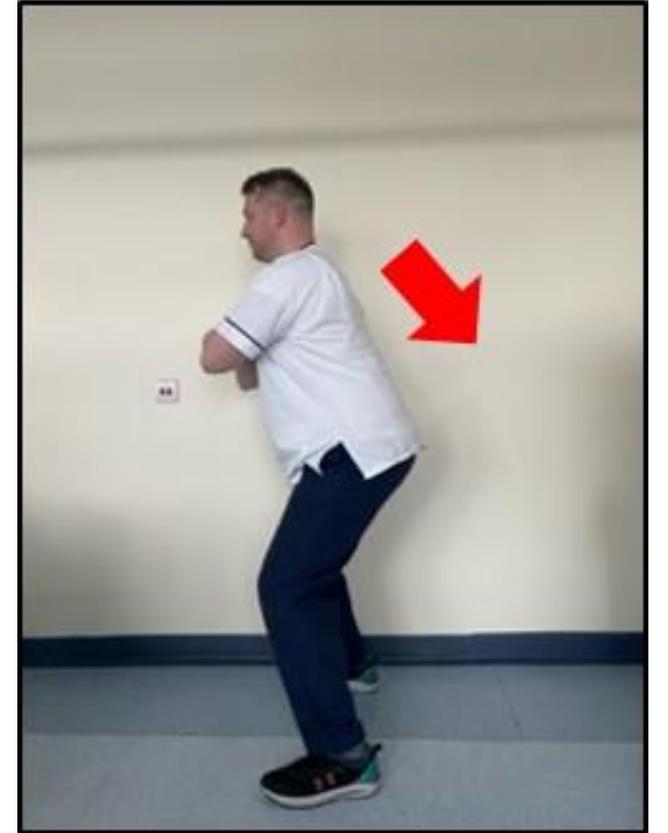
# How YOU get moving

## 3. What level of intensity do you prefer for your physical activity?

- Low intensity – done at a comfortable pace, still able to hold a conversation (**march on the spot**)
- Moderate intensity – working hard enough to raise your heart rate and break a sweat (**shoulder roll**)
- Vigorous intensity – makes you breathe hard and fast (**squat**)

## 4. Which of the following would you like to improve?

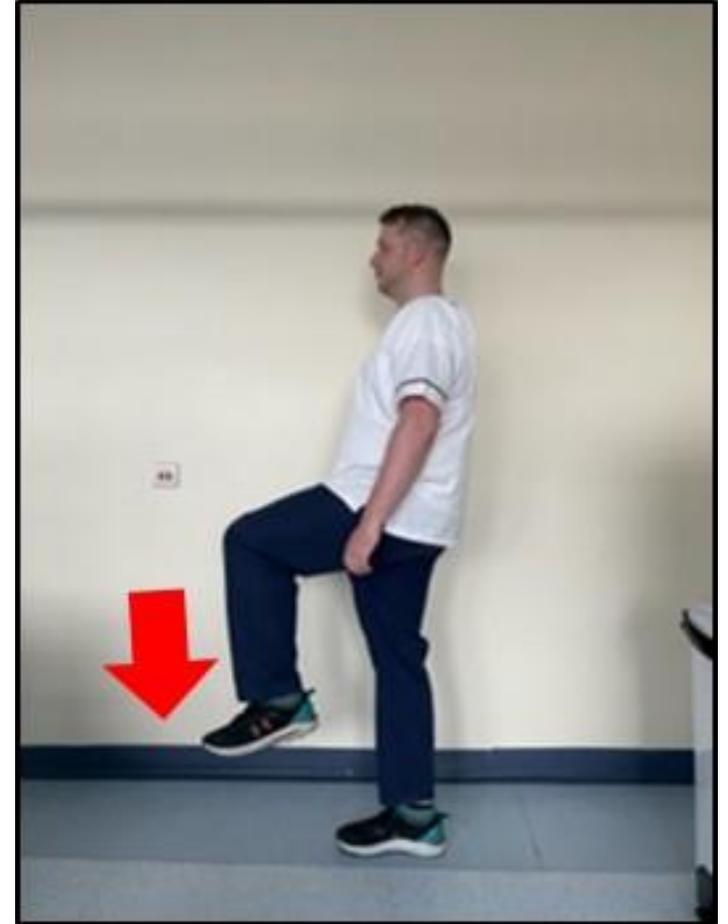
- Balance (**circle arms**)
- Strength (**side to side arm stretch**)
- Cardio (**heel raise**)
- Not sure / none (**march on the spot**)



# How YOU get moving

## 5. What time of day do you prefer to move?

- Morning (**shoulder roll**)
- Afternoon (**stand on one foot**)
- Evening (**march on the spot**)
- Throughout the day (**squat**)



# Get Active North Somerset

- Get Active – a physical activity strategy for North Somerset
- Actions focussed on workplace physical activity
- Parkrun take over by local workplaces in Clevedon and Weston
- New Physical Activity Fund for community organisations AND a dedicated physical activity fund for workplaces (launched in May 2025)
- 8 local workplaces awarded a small grant of £250: Minotaur Software, UHBW, Sirona Care and Health, Freeways, Harbourside Family Practice, Bristol Menopause Clinic, The Cedars Survey (Worle Medical Practice) and North Somerset Council
- The fund enabled: new equipment, taster sessions, incentives and challenges
- Physical activity resource created for workplaces to support ideas



# Physical activity grant feedback

“This funding played a vital role in helping us promote healthier, more active lifestyles among our team, while also fostering a greater sense of community and morale within the workplace”

“Staff felt the intervention helped build team dynamics and conversations with people they did not know in different departments”

“Encouraged staff to take regular DSE breaks and have fun whilst doing so”

“Staff feeling much more motivated in the morning, this was after swim sessions prior to starting work”



# Physical activity grant feedback

“85.6% of staff felt the changes made have resulted in the being more active throughout their working day. 92% of responders feel the changes have had a positive impact of their health and workplace well-being”

“We now have ‘Activity Snack’ prompts on our screen and posters in our staff rooms, reminding staff member to move! It has allowed us to gain momentum with the changes we have made and staff are really enjoying it”



# Active Workplaces: Learning and best practice



# Embedding physical activity in your workplace

## Leadership Sets the Tone

- Senior management's belief and behavior are crucial for creating an active workplace culture.

## Language Matters

- Avoid terms like “exercise” or “sport”; use inclusive language like “**moving more.**”

## Focus on Everyday Movement

- Encourage walking, standing, stretching, and using stairs instead of formal sports.

## Empower Employees

- Let individuals choose what works best for them; avoid top-down instructions.

## Inclusive Approach

- Recognize unique motivations and barriers; support personal journeys toward more movement.



# Supporting movement at work

1. **Active Footwear Policy** - Promote staff to wear comfortable footwear suitable for movement.
2. **Lunchtime Activities** - Set up office games like table tennis or similar fun activities.
3. **Walking Meetings** - Encourage meetings outdoors as “walk and talk” sessions.
4. **Active Break Spaces** - Make break rooms engaging with movement-friendly activities.
5. **Daily Activity Time** - Provide 10 minutes of paid time for physical activity each day.
6. **Stand-Up Meetings** - Use standing tables or hold short meetings away from chairs.
7. **Themed Active Days** - Schedule regular days like Moving Monday or Walk and Wheel Wednesday.
8. **Recognition Program** - Introduce an “Active Champion of the Month” award to celebrate active employees.



# Creating an active workplace culture

## ✓ Active Commutes

- Provide incentives for cycling, walking, or wheeling to work (e.g. prizes or recognition).
- Reimburse employees for “active miles” traveled.
- Ensure secure bike parking and usable changing rooms are available.
- Offer shared company bikes and promote Cycle to Work schemes.
- Consider flexible start times to allow safer bike travel.

## ✓ Workplace Policy

- Add health and wellbeing conversations into monthly or annual reviews.
- Create an Active Workplace Policy.
- Require staff to have a wellbeing plan that includes movement.



# Creating an active workplace culture

## ✓ Activity Classes

- Offer activity classes based on employee feedback.
- Incorporate wellbeing activities into team meetings or team-building sessions.

## ✓ Office Movement

- Encourage walking while on calls and stretching while waiting for printing.
- Provide a screensaver with seated exercises, movement reminders, or stretches.

## ✓ Campaign Promotion - Promote national and local campaigns such as:

- Every Move Matters, This Girl Can, North Somerset Walk Fest, We Are Undefeatable



# Embedding change at every level of organisation

- **Whole workplace approach:** Focus on making changes at multiple levels - policy, organisational, cultural, social, and physical environment.
- **Effectiveness and sustainability:** Interventions are more likely to succeed long-term when applied across multiple levels.
- **Active workplace interventions:** Provide a variety of strategies to influence behavior throughout the workplace.
- **Shared responsibility:** Movement is not solely dependent on individual motivation; the workplace must create supportive conditions.



# Physical Activity: Local offers

- Go4Free (5 free and 5 half price visits to local classes)
- Get Active 1-1 support for 12 weeks (FREE)
- Online Active Directory
- Steps to Get Active – for those living with LTHC's
- Health Walks
- ParkPlay
- Ageing Well Exercise Classes and Stay Strong Stay Steady (provided by Age UK Somerset)
- parkrun and junior parkrun
- Couch to 5K
- Raising awareness of physical activity training
- Visit [www.betterhealthns.co.uk/get-active](http://www.betterhealthns.co.uk/get-active) for more information



# Exercise Snacks

Small bouts, big benefits

- Short bouts of activity (< 5 min)
- Done multiple times per day
- Examples: stair climbing, squats, push-ups, balance...

## Why important?

- ▶▶ 31% of adults do not meet WHO activity goals
- ▶▶ Main barrier: lack of time



Miguel Ángel Rodríguez, PhD

## Study design

- ▶▶ *Meta-analysis*
- 11 RCTs, 414 participants (69% female)
- Adults and older adults (65+ years)
- 4-12 weeks, 3-7 days/week

## Main results

- Cardiorespiratory fitness in adults
- Muscular endurance in older adults
- No clear effect on strength, body fat, blood pressure and lipids
- High engagement  
91% completed  
83% adhered

## Take-home message

- ▶▶ Small, consistent exercise bouts = real health benefits
- ▶▶ Practical, easy to fit into daily life
- ▶▶ Promising for inactive and older populations

Every Move Counts



# SITTING IS THE NEW SMOKING

## HOW SEDENTARY ARE WE?



- Sleeping 8 Hours
- Sitting at Work 7.5 Hours
- Watching TV 1.5 Hours
- Leisure Time 1.5 Hours
- On Home Computer 1.5 Hours
- Eating 1 Hours
- Moving 3 Hours

## GLOBALLY PHYSICAL INACTIVITY ACCOUNTED FOR:

- Ischaemic Heart Disease
- Colon Cancer
- Diabetes
- Ischaemic Stroke
- Breast Cancer

## 8 TIPS TO SIT LESS

<p><b>WALK OVER</b> to speak with co-workers instead of e-mailing them</p>	<p><b>DRINK WATER</b> and get up for refills</p>	<p><b>STAND UP</b> when you're on the phone</p>
<p><b>TAKE REGULAR BREAKS</b> from sitting every 30 minutes</p>	<p><b>LEAVE YOUR DESK FOR LUNCH</b></p>	<p><b>TAKE THE STAIRS</b> instead of the elevator</p>
<p><b>MOVE YOUR RUBBISH BIN</b> away from your desk</p>	<p><b>LIMIT SCREEN TIME</b> to stay more active</p>	

## STANDING MORE:

- Enhance Productivity
- Improve Mood and Satisfaction
- Reduce Pain and Discomfort

## OFFICE HACK:

Using a standing desk have been proven to **BOOST PRODUCTIVITY BY 46%**

