



Making physical activity the easy choice isn't only about programming, it's about reducing the amount of time we spend sitting.

There are many easy and inexpensive (even free) ways you can create opportunities for your members or staff to move more.

Here are just a few ideas to get your business, department, community or not-for-profit group started.

Resources:

Walkabout at Work
www.walkaboutns.ca

Community Recreation
www.halifax.ca/rec

Trails in HRM
www.halifax.ca/trails

HRM Bike Week
www.halifax.ca/bikeweek

SmartTrip
www.halifax.ca/SmartTrip

Stairway to Health
www.stairway.phac-aspc.gc.ca/calcalc.aro

Commuter Challenge
www.commuterchallenge.ca

Our organization is

STEPPING UP

making physical activity the easy choice

Ideas for organizations

Stairs

- Post signs encouraging people to use the stairs
- Make stairwells accessible and more inviting (e.g. ensure proper lighting, play music, add colour, pictures, etc.)

Administrative Work

- Encourage standing while on the telephone
- Provide telephone headsets at the office to keep moving during phone calls
- Encourage walking to co-worker's desks rather than using the phone or email

Gatherings/Meetings

- Arrange regular (e.g. half-hourly) short breaks during sit-down meetings
- Hold walking or standing meetings when appropriate
- Add a physical activity component to existing social groups (e.g. walk to your bridge night, knitting group or book club)

Walking/Active Transportation

- Promote active commuting to the workplace
- Start a walking club
- Post maps of walking routes close to or within your organization
- Advocate for improvements in your community that will encourage walking/active transportation, like more bike lanes

Policies/Programs

- Consider supporting employee efforts with incentives and work flexibility (e.g. corporate rates for gym memberships, subsidize employees' enrolment in a community program designed to prepare them for a specific future event)
- Encourage opportunities for unstructured physical activity and play
- Encourage flextime (e.g. allow employees the chance to take a fitness class or take a walk during the workday)
- Link members and employees with community facilities that offer opportunities for physical activity and fitness level assessments
- Incorporate physical activity into other organizational events
- Participate in physical activity campaigns such as Healthy Workplace Week, Take the Roof Off Winter, Bike Week, Commuter Challenge Week and local events happening in your area

Facilities

- Provide supportive facilities (e.g., space for yoga, safe routes, bicycle racks, showers, lit stairwells)

