

Total Worker Health® Discussion: Physical Activity



- Both the organization and individual have an impact on employee physical activity.
- Try to get **150 minutes** of aerobic exercise per week.
- Utilize **active workstations**, if they are available, and **incorporate physical activity into your daily routine** to increase physical activity while at work.

**ACTIVE
WORKPLACE**



Meeting Guide:

Physical Activity



INSTRUCTIONS: Hold the guide with this side facing you and the other side facing your employees. Then share the information on this page.

Today's discussion is about physical activity. Engaging in regular physical activity is important because it can reduce your risk of developing cardiovascular disease, stroke, type 2 diabetes, some cancers, help control your weight, strengthen your bones and muscles, improve your mood, allow for better quality sleep, and increase your chances of living longer.

Adults are recommended to get at least 150 minutes of aerobic activity (like brisk walking, jogging, biking, swimming, or hiking) every week along with muscle strengthening and flexibility exercises twice per week.

Here are some ways individuals can engage in regular exercise:

- Utilize active workstations while at work if they are available.
- Incorporate physical activity into your daily routine. For example, bike to work, stretch at your desk while making a call or talking to a co-worker, or take a brisk walk during your lunch break.
- Make a clear goal for starting and/or maintaining an exercise routine. It may be helpful to find a family member or friend with whom to exercise so you can motivate each other to stick to your individual goals.

You do not have to be in shape or be a great athlete to exercise. If you are just starting or getting back into a regular exercise routine, go slowly and build up your activity length and intensity over time. Celebrate your progress!

There are many mechanisms through which the work organization and environment can influence how easy or difficult it is to incorporate physical activity into your daily life, including supervisor support and the availability of active workstations. We will now begin a discussion about actions the organization can take to improve support for physical activity among employees.

ASK: "Does anyone have ideas or comments to share?"

Pause for discussion. Then see if there are ways to take action.

END WITH AN ACTION PLAN (*see ideas below of what to ask or say*).

- What work-related factors influence your physical activity?
- What are ways our organization can improve support for physical activity among employees?
- Are there barriers to incorporating physical activity into your daily routine or using active workstations if they are available?