



Five Simple Ideas to Get Your Workplace Active

Change Your Meetings

Stack the chairs to one side, or remove altogether and create a 'no chair policy' meeting room. Standing meetings usually mean shorter meetings too! Alternatively, if it's a smaller meeting why not try to make this a walking meeting? Get the steps in whilst getting the work done.

Active Lunches

Organise a group walk at lunch, purchase a desktop table tennis set, organise a yoga instructor or after work badminton. Our online resources have helpful links to walking routes across the whole of the UK so arranging a local walk has never been easier!

Active breaks

Encourage your colleagues to have a go at our chairbics exercise video. This is designed so that it can be done simply at your desk but why not take this a step further? Book out a meeting room or find a communal space and play the video for groups throughout the day! Exercising in numbers can be more fun and less daunting than trying it out by yourself. The video is just 10 minutes long so can fit into even the busiest of days!

Active commute

Encourage your colleagues to swap the car for a bike for the week! Changing the way you commute to work is an easy way of building additional exercise into your day. If your colleagues live too far away, suggest that perhaps they get off the bus a stop early or park a little further away.

Step count

Counting your steps during the day is a great way to see how much you are really moving. You could make this into a group challenge by watching your collective steps for the week. Chart them in the office, work together to reach an agreed goal, or get competitive!