

Activate your office



Mobile meetings

Put the chairs to one side to give you room to move, or even go outside. Standing and walking meetings usually means shorter meetings too.



Take the stairs

If you can, try this for just a week and you'll soon find it becoming a habit. Whether it's in the office, whilst shopping or at a train station, every little helps.



Stretch

Stretching at your desk or better still away from your desk can help reduce neck and back pain and instantly energise you.



Waiting time

If you find yourself waiting for the photocopier or kettle, try to keep moving, add in some steps or do some stretches. It all adds up.



Active commute

Swap the car for a bike, get off the bus a stop early or park a little further away.

Visit activewellbeing.me.uk

Make your move with



Looking after your mind, body and soul

It's not just the body that benefits from keeping active, but your mind as well. Research has shown that people who take part in 30 minutes of light to moderate exercise every day have not only improved their blood pressure and heart rate, but they're also much less likely to suffer from insomnia, depression, stress or anxiety.



1 in 6
employees are
affected by
mental health
conditions
every year.
mentalhealth.org

This year **Active Wellbeing Week** will include a mental health focus and we are working with a number of organisations to help provide the right support tools for both individuals and workplaces. Encourage colleagues to make a **mental health related pledge** and look out for mental health related support tools on the website.

Visit actiwellbeing.me.uk