

# CREATING AN ACTIVE WORKPLACE – TIPS FOR EMPLOYERS

Creating an active workplace can include small steps, like encouraging employees to stand or move during meetings, to broader measures, such as implementing a comprehensive plan that includes policy development and a budget to support increased movement. Employers are encouraged to establish a committee that includes senior staff and employees to champion Make Your Move at Work (MYMAW) in order to increase staff engagement and achieve more successful outcomes.



*Check out the MYMAW Best Moves Guide, found in the **MYMAW Toolkit**, for more detailed information on creating practices, policies and programs to help your organization become a more active workplace.*



# MAKE YOUR MOVE

## at work

### *Here are some steps to consider for your organization to get started today:*

- Schedule a staff meeting to share information about MYMAW and how your organization is going to support staff in integrating more movement into the day. The team at the Healthy Tomorrow Foundation can provide a presentation for your employees to inform and inspire them.
- Provide a budget to support MYMAW activities. It's not necessary, but it does help!
- Share the "Moving more during the workday" tip sheet with employees.
- Create policies to support moving more at work – for example, consider an active workplace policy, walking meeting policy or a flex-time policy to accommodate movement.
- Create contests to encourage movement like MYMAW Bingo or "Gotcha!" where you "catch" people moving and give them a coffee card or other small reward.
- Organize lunchtime walking groups.
- Invite motivational speakers for lunch-and-learn sessions on health-related topics.
- Share the MYMAW Stretching poster with employees and place copies by the water cooler, in washrooms, in the kitchen, at printers or any place staff may visit to prompt mini stretch breaks.
- Print the MYMAW posters/tent cards that encourage/celebrate movement (the Healthy Tomorrow Foundation team can provide them for you).
- Start all meetings with reminder that standing or moving during meetings is encouraged.
- Access and share brief stretch break videos staff can use during the day.
- Incorporate movement/stretch breaks for meetings that are longer than one hour.
- Create shared standing workstations for employees to use.
- Subsidize employees who want to create a sit/stand workstation, whether at home or onsite.
- Offer flexible work hours to accommodate movement before/after work or during coffee or lunch breaks.
- Lead by example. Check out the "Moving more at work" checklist and try some yourself!
- Offer a recreation movement subsidy that staff can use to pay for things like dance classes, gym or yoga studio memberships, or to purchase bikes or walking poles.