


# Workplace strategies to promote physical activity and reduce sedentary practices

The following table lists a number of sources of information, tips and resources to support you to promote physical activity and reduce sedentary practices in the workplace.

## Ideas to get you started

<b>Strategies</b>	<b>Healthy vision</b>	<b>Healthy places</b>	<b>Healthy people</b>	
Support the creation of a physical activity policy, including elements around activity, active transport and preventing workplace sedentary practices	•			
Create opportunities for flexi-time or time in lieu for training/ physical activity and embed within relevant WHS policies	•			<a href="#">Work Life Balance : SafeWork SA</a>
Include information about access to physical activity opportunities (local and on-site) in staff induction materials	•			
Conduct a mapping exercise of local opportunities for physical activity, including parks, gyms, sports clubs and opening times. Consider workplace ability to form teams for team sports or its own league		•		<a href="#">SA Trails</a>  <a href="#">Find a Park</a>




Organise 'come and try' sessions or a guest speaker Q&A session with an accredited personal trainer or exercise physiologist			•	<a href="#">Engaging External Providers fact sheet</a>
Provide information about the benefits of activity and regular movement via communication channels such as, newsletters, CEO memos, noticeboards and lunchrooms			•	<a href="#">Be active :: SA Health</a>  <a href="#">Active living   The Heart Foundation</a>  <a href="#">Physical Activity Guidelines for Adults</a>  (Order Form)
Encourage the use of stairs and walkways. Use signage and promote using internal communication channels		•		
Organise a corporate rate for the local gym or swimming pool			•	
Map local public transport options and promote them to staff. Also consider options to subsidise public transport fares for those choosing this means of travel			•	Metro: <a href="http://www.adelaidemetro.com.au">www.adelaidemetro.com.au</a>  Country: <a href="http://www.adelaidemetro.com.au/bussa/">http://www.adelaidemetro.com.au/bussa/</a>  <a href="#">Cycle instead planner and maps</a>
Hold cycling information sessions about defensive cycling strategies, cycling road rules and bicycle maintenance			•	Department of Transport, Planning and Infrastructure provides information on bicycle riding, complete with a journey planner <a href="#">Community Programs: Cycle Instead</a>  <a href="#">Bikes SA</a> offers support and courses to workplaces and employees





Promote and provide work time access to free phone health information and coaching service			<ul style="list-style-type: none"> <li> <a href="#">SA Health Get Healthy</a> is a free and confidential phone-based information and coaching service  <b>1300 806 258</b>            8.00am-8.00pm Monday to Friday (excluding public holidays)         </li> </ul>
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## Building on your program


Strategies	Healthy vision	Healthy places	Healthy people	
Create friendly stairwells and walking loops. Consider work site staff teams 'sponsoring' a stairwell or track, decorating and promoting its use		<ul style="list-style-type: none"> <li></li> </ul>		
Create a dedicated exercise space. Provide exercise equipment, TV and DVD player with fitness DVD's or a stretching space		<ul style="list-style-type: none"> <li></li> </ul>		
Take part and sponsor a team challenge, offering training opportunities (offer time in lieu)			<ul style="list-style-type: none"> <li></li> </ul>	
Promote regular walking: Lunchtime walking trails, group team challenges, provision of pedometers			<ul style="list-style-type: none"> <li></li> </ul>	<a href="#">Heart Foundation Walking</a> <a href="#">Heart Foundation Walk@Work packs</a> <a href="#">Life Be In It</a> <a href="#">Host A Workplace Walkathon</a> (order a pack) <a href="#">10,000 Steps Challenge</a> <a href="#">Walking SA, trail and walking information</a> <a href="#">Bike SA Workplace Information</a>





Provide access to showers, change rooms, lockers or alternatives if these facilities aren't available on site		•		
Create bike storage to encourage cycling to and from work		•		
Provide onsite physical activity classes (for example yoga, or Pilates) after discussing with staff what their preferred class type, time and days are			•	
Co-ordinate an eight, ten or 12 week physical activity challenge, focused on individual goals to increase levels of physical activity			•	

### Ideas for preventing sedentary practices in the workplace

<b>Strategies</b>	<b>Healthy vision</b>	<b>Healthy places</b>	<b>Healthy people</b>	
Create an agenda item addressing sedentary practices at staff related meetings	•			<a href="#">Worksafe Tasmania</a> highlights the importance of reducing workplace sedentary practices
Encourage stretch breaks, standing and walking within meetings and work training sessions			•	<a href="#">Download Baker IDI's Rise &amp; Recharge Smart Phone App</a>
Support and account for regular stretch or walk breaks in delivery and transport schedules	•			
Purchase height adjustable desks for sit/stand options		•		





Provide computer disabling software to support regular breaks		•		<p>There are many computer disabling software programs &amp; applications.</p> <p>Use your web search engine to source a program suitable to your workplace. Search words to include:</p> <p>'regular breaks, computer disabling program, health, focus, break'</p>
Set up print stations, bins, lunchrooms and other facilities away from work stations		•		
Actively encourage either structured or unstructured breaks		•		
Audit staff sitting time to gauge areas for improvement			•	

