

Examples of activities targeting physical activity

| | People | Environment | Policy |
|--|--------|-------------|--------|
| Low resource activities | | | |
| Offer flexible work hours to allow for physical activity during the day | | | ✓ |
| Support physical activity breaks during the workday, such as stretching or short walks | | | ✓ |
| Map and promote walking routes close to your workplace | | ✓ | |
| Map and promote public transport options to and from your workplace | | ✓ | |
| Encourage and support active transport, such as getting off the bus several stops earlier or parking the car further away | | ✓ | |
| Develop a lunch time walking group | ✓ | | |
| Post signs at lifts and escalators to encourage use of stairs | | ✓ | |
| Provide bike racks in safe, convenient and accessible locations | | ✓ | |
| Provide regular communication on physical activity, fitness messages and links to relevant websites | ✓ | | |
| Promote walking meetings as a way of discouraging sedentary behaviour | | | ✓ |
| Liaise with local fitness centres to obtain discounted rates/membership | ✓ | | |
| Medium resource activities | | | |
| Provide subsidised membership at local fitness centres | | | ✓ |
| Set up a pedometer loan scheme | ✓ | | |
| Implement employee challenges or competitions using pedometers | ✓ | | |
| Provide support for employees to enter fun runs and walking events as a workplace team | ✓ | | |
| Provide shower and/or changing facilities in the workplace | | ✓ | |
| Arrange a workplace team to participate in organised sport activities and/or events, e.g. local fun run/walk, netball or touch football team | ✓ | | |
| Implement a physical activity questionnaire to determine employees' interest in physical activity options | ✓ | | |
| Provide health related social functions (guest speakers, classes etc.) | | | ✓ |
| Develop a Workplace Active Travel Plan that highlights active travel options to and from your workplace | | | ✓ |
| High resource activities | | | |
| Provide on-site fitness classes | ✓ | | |
| Provide all employees with pedometers | ✓ | | |
| Provide an on-site exercise facility | | ✓ | |
| Have an exercise physiologist attend and perform simple fitness tests on-site | ✓ | | |
| Have an exercise specialist give regular motivational fitness talks on-site | ✓ | | |
| Have a fitness instructor lead employee walking, jogging and/or running groups | ✓ | | |

Tips for choosing appropriate activities

1. Talk to your employees about what is important to them
2. Identify your organisation's needs and budget
3. Match your budget and resource capacity with possible activities
4. Set a relevant timeline to initiate and review chosen activities

