

Healthy Measures: Be healthy, be active at work

No matter where you work, you can create a healthy environment that encourages daily physical activity by making small changes to support big results. Incorporating daily physical activity into your work day can be simple, easy and fun.

Why be active? Physical activity helps:

- Prevent chronic diseases like cancer, Type 2 diabetes and heart disease
- Increase strength
- Provide energy
- Decrease stress and improve mental health
- Prolong independence as we get older

Here are some suggestions to help you promote Active Living in your workplace:

- When appropriate, walk down the hall to speak with a co-worker instead of using the telephone or email
- Brainstorm project ideas while taking a walk with your co-worker
- Take the stairs instead of the elevator
- Park your car farther away from your office building so you can walk the extra distance
- Ask management to install bike racks so that employees can actively commute to work
- Take a walk-break around the building during the workday or lunch
- Organize company recreational events such as lunch time walking programs or team activity days
- Promote the benefits of physical activity through newsletters and bulletin boards
- Take a 10 minute stretch or activity break at work or during meetings
- Join an exercise class over your lunch hour with your colleagues
- Discuss flexing your work hours with your manager so you can fit in physical activity during your work day

For more information:

[Canada's Physical Activity Guide to Healthy Active Living](#)

Do you have questions? Contact York Region Community and Health Services *Health Connection* at 1-800-361-5653 (TTY 1-866-252-9933) or visit www.york.ca.

Healthy Measures: Eat Well, Be Active and Be Yourself!