

Active Living in the Workplace

Active living is an approach to life that values and includes physical activity as part of the daily routine.



150 minutes per week

of moderate* to vigorous* physical activity is recommended for adults aged 18+. Muscle strengthening activities and several hours of light physical activity, including standing, should also be incorporated into your week. Balance activities are additionally recommended for those 65+.



Any movement has benefits

Bouts of moderate to vigorous physical activity of any length can have health benefits.



How to support active living

Policies

Create equitable environments and opportunities for employees to make choices that promote active living.

Programs

Support policies by creating actionable ways to implement them either through education or activity.

Initiatives

Help kick start and raise awareness for active living policies and programs by utilizing incentives.



Benefits of active living

- Increases energy levels
- Increases self-esteem and feelings of confidence
- Improves ability to cope with stress
- Improves feelings of pleasure, happiness and life satisfaction
- Creates new opportunities for social connection
- Strengthens bones and muscles
- Improves balance and posture
- Decreases risk of many chronic diseases and cancers



Benefits to employers

Improved employee

- Morale
- Job satisfaction
- Ability to cope with stress
- Productivity
- Effectiveness at work
- Health and well-being

Reduced employee

- Absenteeism
- Injuries
- Turnover
- Disability compensation
- Healthcare and life insurance costs



Policy action and programs

Create opportunities to make decisions that support active living during the work day

- Allow flex time to be accrued for participation in physical activity

Create physical and social environments that support active living throughout the work day

- Create a walking route inside or outside of the office

Provide active living opportunities before, during, and after the work day

- Start a walking group or organized activity program during breaks

Incentivize active living through reward, recognition or subsidies

- Implement an employee movement and recognition program



60% of workers' days in Canada

are spent at work, making the workplace a great setting to promote active living.

*Moderate: A person can talk but not sing during activities of this intensity.

*Vigorous: person cannot say more than a few words without pausing for a breath.