



PURPOSE

- Understand the need for increased physical activity in the workplace
- Provide options to increase workplace physical activity
- Create a supportive and fiscally responsible culture for employees to LiVe Well through physical activity at work

NEED

American work life has become increasingly sedentary with advances in technology and the adoption of modern conveniences.

Recent research has also shown that a general lack of physical activity at work, and especially very prolonged sitting, is associated with premature mortality, cardiovascular disease, diabetes, cancer, metabolic syndrome, and obesity. A 14 year study found that men who spent 6+ hours sitting for leisure had an overall death rate 20% percent higher than those who sat less than 3 hours. Women who sat for 6+ hours per day had about 40% percent higher death rate.

BENEFIT

Providing employees with more options for being physically active at work results in happy, engaged, productive employees. For additional ideas, ask your employees.

STRATEGIES TO SUPPORT PHYSICAL ACTIVITY

- **Culture** – Support employee wellness campaigns and initiatives. Make it ok to move and stretch, recognize employees who are examples in the workplace.
- **Walking** - Promote the use of nearby walking trails. Encourage the use of pedometers. Lead by example with walking meetings.
- **Stairs** - Make sure they are visible, bright, clean and attractive. Provide fun and encouraging messaging on the walls. Present prizes when “caught” using the stairs.
- **Commuting** – Provide bicycle storage and shower facilities. Ensure that these areas are safe, secure, and cleaned from snow and ice.
- **Breaks** - Promote the use of movement breaks throughout the day using simple exercises, walking or stair climbing. Use flexible schedules to promote physical activity, where possible.
- **Events** - Encourage local participation in walk/run events, sports leagues. Organize lunchtime groups for walking, jogging, cycling and yoga.
- **Meetings** - Use the LiVe Well meeting guidelines; stand and stretch in meetings >1½ hours. End meetings 10 minutes early.
- **Facilities** - Provide access to onsite exercise and shower facilities where feasible and encourage use commercial gyms, recreation centers and equipment.

IDEAS TO INCREASE WORKPLACE PHYSICAL ACTIVITY

Cost	Options	Description	Reach	Resource Notes
Low or No Cost Options - \$0 to \$10 per person				
\$120 per decal	Create your own or use LiVe Well's team messages	Fun, inspirational messages to encourage employees to take the stairs	Unlimited	Messages available through Intermountain's LiVe Well web page for employers (IntermountainLiVeWell.org)
\$0	Healthy Meeting Guidelines	Make meetings healthier with standing breaks and healthy snacks	Unlimited	Available at IntermountainLiVeWell.org
\$5-10	LiVe Well break room posters. LiVe Well, Move More	Available at IntermountainLiVeWell.org	Unlimited	Available in 8"x11" or 11"x17" for printing
\$0	LiVe Well Healthy Hikes and Walks	Collection of hikes with photos and information for each	Web & Smart Phone users	http://intermountainhealthcare.org/live-well/move-well
\$230-\$919 per rack	Bicycle racks outside places of work	Consider using cages with employee parking garages to protect the bikes; although increases cost. Be sure to remove snow around these racks.	10-20 bikes/facility/day	Requires local funding
Medium Cost Options - \$10 to \$250 per person				
Based on volume	Pedometers	Provided as an employee gift or incentive	Unlimited	Many options available at Amazon.com
\$1000 to 4000 / Station	Multi-user treadmill or bicycle desks or stations	Shared resource with 30-60 minute scheduled slots. Approximately \$4000 per station.	10-30 employees per station	Requires local funding
\$30 per class	Onsite exercise classes	Requires local class development and trainer funding	10-20 per/class	Contact local gyms and athletic trainers
High Cost Options > \$250 per person				
\$1000 to \$4000 per user	Single-user treadmill or bicycle desk	Allows user to exercise while working	1 employee	Requires local funding
\$409	Single user stand up desk computer mount (retrofit)	Allows user to stand while working	Single user	Available through Steelcase or other office furniture supplier
\$200,000 to _____	Onsite fitness facilities	Can be subsidized by personal employee access fees	Unlimited	Google.com search for local fitness centers