

## Supporting Your Employees' Physical Activity Goals

### Physical activity is one of the most effective ways of staying healthy.

It can improve strength and endurance, reduce the risk of heart disease, and improve overall well-being. Here are a few tips to help employees be more physically active.

#### Create a supportive atmosphere.

- Make sure management (including the top boss) supports efforts to promote physical activity. Management can do this by:
  - Coming to employee sporting or physical activity events.
  - Being physically active themselves.
  - Encouraging and congratulating employees in internal publications or meetings.
- Join forces with community programs that promote physical activity.
- Invite a local health and fitness expert to make a presentation or give a demonstration.
- Invite families to worksite physical activity events like softball games.
- Use the free materials on the **Go4Life** website, such as tip sheets, posters, and newsletter articles.

#### Make physical activity happen.

- Organize a group walk during the lunch hour or form after-work sports leagues.
- Provide information about nearby fitness centers, walking trails, and sports fields.
- Make it easy for people to be physically active at your worksite:
  - Provide secure bike racks in convenient locations.
  - Make sure the stairs are safe and inviting to use.
  - Consider flexible scheduling so that employees can be active during the day.
  - Host active meetings. Encourage people to stand when they speak or provide mini-exercise breaks during meetings.



#### Quick Tip

Lead by example. Be a “physically active” role model for your co-workers.

### VISIT

[www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life)

- Print useful tools.
- Order free exercise guides, DVDs, posters, and bookmarks.

“Playing softball with my coworkers keeps me active and builds teamwork. Plus, we have a ball!”

— Patty, age 66



**National Institute on Aging**

National Institutes of Health

U.S. Department of Health & Human Services

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