

Move Well

Linda Feltes, MS

Project Manager, Work Well

June 2013



Why Be Active?



- 1.
- 2.
- 3.
- 4.
- 5.

“Physical activity is the gateway to good health”



Why Be Active in the Workplace?

BENEFITS FOR EMPLOYEES:

- » Improves fitness and health
- » Improves productivity and morale
- » Improves team spirit and job satisfaction
- » Reduces stress
- » New hobby interest/sense of purpose/involvement
- » Improves concentration and mental sharpness
- » A means of getting to know other people in the workplace
- » Aids relaxation





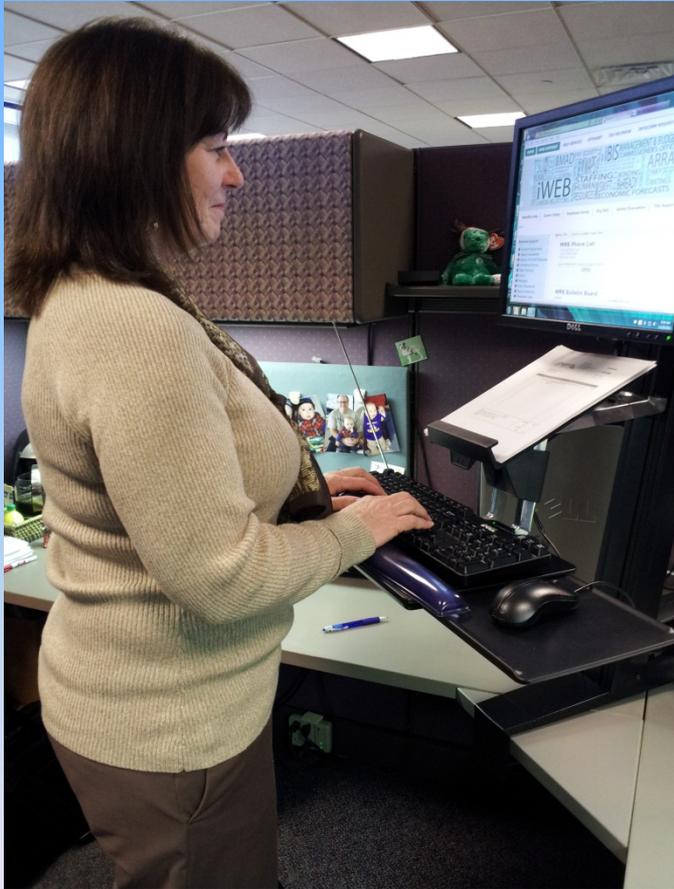
Why Be Active in the Workplace?

BENEFITS FOR YOUR AGENCY:

- » Reduces absenteeism and staff turnover
- » Reduces stress in the workplace
- » Improves productivity
- » Improves motivation and morale amongst staff
- » Greater efficiency in the company as a whole
- » Improves corporate image/loyalty
- » Attractive addition to a recruitment package
- » Improves relations



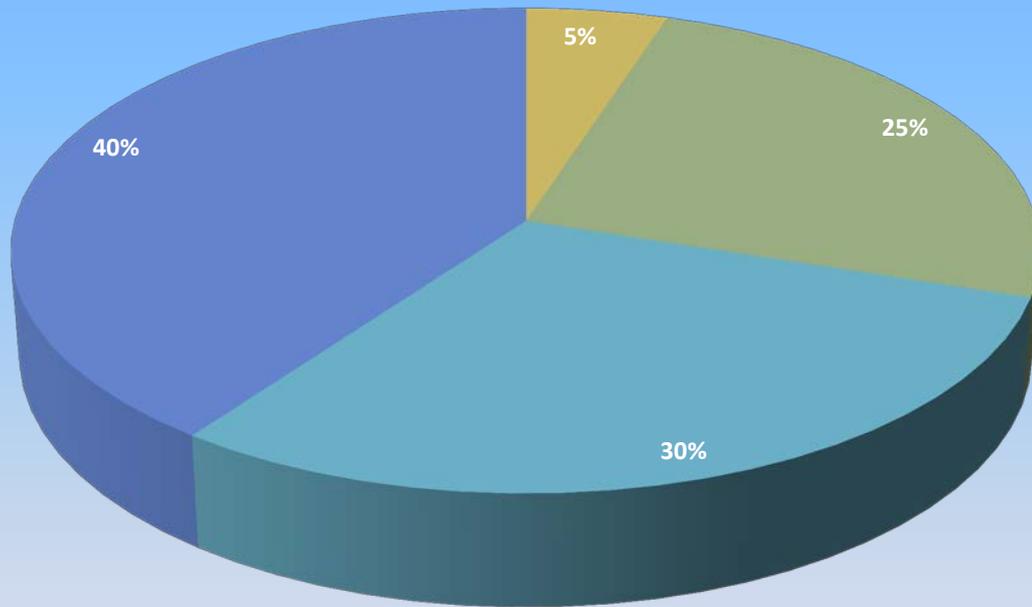
Physical Activity Best Practices



- Facilities that support physical activity, including adequate bike racks, lockers & showers, gym, walking paths/routes on website
- Encourages walking meetings and/or standing meetings
- **Physical activity campaigns**
- Encourage taking the stairs
- Policy that encourages active commuting: walking, biking or taking public transportation
- Sit/stand workstations



Essential Components of Behavior Change



- awareness
- skills
- motivation
- opportunity

Sample Programs

- American Heart Association's Start! Walking Campaign
- do. Challenge
- Minnesota Land of 10,000 Steps: A Virtual Walking Tour
- Step by Step: A Walking Incentive Campaign
- Take the Stairs
- Walk Across Minnesota
- Hennepin County's Step To It Challenge
- Stand & Move



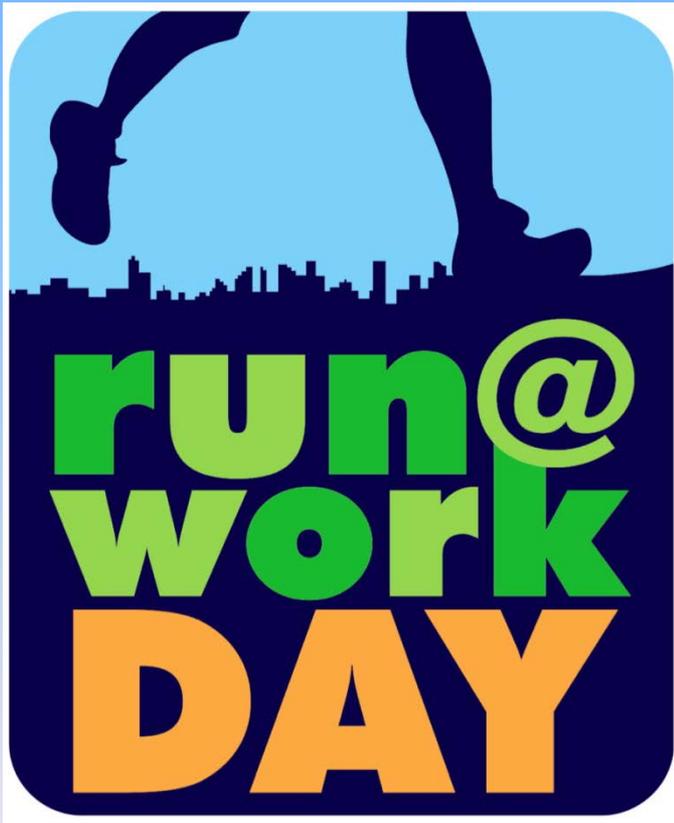
Ways to Encourage Moving More



- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.



Work Together?





Break

