

**GREATERSPORT**

**ACTIVE  
WORKPLACES**

**JOHN BRADY  
STRATEGIC LEAD – ACTIVE ADULTS  
GREATERSPORT**

GREATERSPORT

CHANGING PERCEPTIONS  
OF WHAT AN ACTIVE  
WORKPLACE LOOKS LIKE



The Human BBQ



The boss loves a bike ride



Lets run a 10k it will be good for team building

GREATERSPORT

INCLUDING PHYSICAL  
ACTIVITY AS PART OF A  
HEALTH AND WELLBEING  
PLAN

# ACTIVE WORKPLACES

## The Business Case

- Activity stats from Active Lives
- Economic stats from GMCA
- Workplace Health from Census 2011



Activity rates across GM in employment

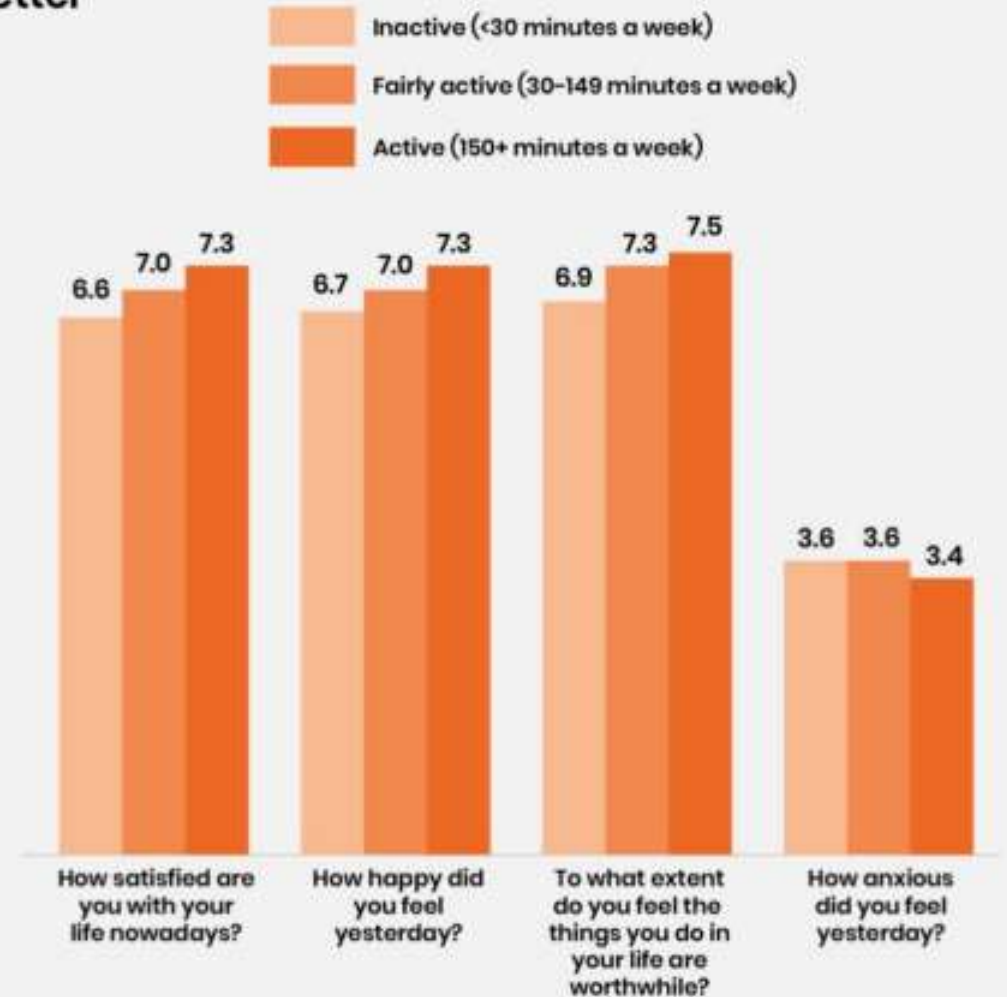


# ACTIVE WORKPLACES

## The Business Case

- Activity stats from Active Lives
- Economic stats from GMCA
- Workplace Health from Census 2011

There's a positive association between activity levels and mental wellbeing – some activity is good, more is better



# HOW ACTIVE ARE YOU?

- 30 Minutes
- 60 Minutes
- 90 Minutes
- 120 Minutes
- 150 Minutes

0 – 29 Minutes  
**Inactive**

30 – 149 Minutes  
**Fairly Active**

150+ Minutes  
**Active**



# GREATERSPORT Active Workplaces

## The New Normal

The Office



Working from Home



Remote Working





# GREATERSPORT Active Workplaces

## Top tips to make a difference and build an active culture

### Give Permission

Let your employees and colleagues know that they have your permission and support to be active.

### Be a Role Model

Make being active at work normal by showing that this is something senior leaders genuinely embrace and practice.

### Flexible Working Hours

Allowing staff to flex their hours to build in activity before, after and during the working day.

### Share a Range of PA Top Tips

Give practical advice, ideas and resources to employees and colleagues.

### Involve and empower colleagues

- Ask your colleagues what they want and need through a survey or conversation.
- Find out what the barriers are.
- Develop a team of activity champions



[www.sportengland.org/campaigns-and-our-work/active-employee-toolkit](http://www.sportengland.org/campaigns-and-our-work/active-employee-toolkit)

# GREATERSPORT Active Workplaces

## Ideas to Increase Physical Activity

- **Non Exercise Activity**
- **Walking meetings**
- **Take an active lunch break**
- **The fake commute**
- **Take regular short breaks to move**
- **Stand up, move, explore**
- **Exercises at your desk**
- **Use home workout resources**
- **Get active with a friend or colleague**
- **Fitness challenges for structure**
- **When in the office take the stairs**
- **Active commute to work**



# THE LIVE WELL DAY



## USE THE STAIRS: 5 MINS / 100 CALS

- Don't use the lift
- Use toilets/water fountains on a different floor



## COMMUTE: 5 MINS / 30 CALS

- Get off the bus one stop earlier
- Park further away from work
- Walk to the station



## MID-MORNING DESK EXERCISES: 5 MINS / 50 CALS

- Chair based exercises
- Resistance band exercises



## LUNCHBREAK: 10 MINS / 60 CALS

- Swap your desk for a 10 minute walk
- Walk to the shops instead of taking your car
- Have a quick game of table tennis



## COMMUTE: 5 MINS / 30 CALS

- Head to the next nearest bus stop or train station
- Park further away from work



## WALKING MEETING: 15 MINS / 90 CALS

- Swap the meeting room for the great outdoors



- EASILY ACHIEVE 30 MINUTES OF PHYSICAL ACTIVITY PER DAY
- SHORT SHARP BURSTS OF ACTIVITIES - REDUCE SEDENTARY BEHAVIOUR

# ACTIVE WORKSHOPS AND MEETINGS



Stretch



Stand



move

5 of your 30 a day

# Taking the stairs

**That Counts!**

Move more, sleep well, feel better.

Moving for just 30 mins a day has all sorts of benefits. And there are loads of ways that you can move a little more throughout the working day. It can be as simple as swapping the lift for the stairs every morning. **It all counts.**

Find the best way to get your 30 in

[gmmoving.co.uk/thatcounts](http://gmmoving.co.uk/thatcounts)

bruntwood

20 of your 30 a day

# A lunchtime stroll

**That Counts!**

Move more, sleep well, feel better.

Moving for just 30 mins a day has all sorts of benefits. And there are loads of ways that you can move a little more throughout the working day. It can be as simple as taking the time at lunch to get a bit of fresh air. **It all counts.**

Find the best way to get your 30 in

[gmmoving.co.uk/thatcounts](http://gmmoving.co.uk/thatcounts)

bruntwood

#THATCOUNTS

15 MINS OF YOUR 30 A DAY

## HELPING THEM ALONG TO THE NEXT TRAM STOP

**THAT COUNTS!**

BY BEING ACTIVE FOR JUST 30 MINUTES A DAY, YOU'LL FEEL THE BENEFITS IN NO TIME. FROM BETTER SLEEP TO IMPROVED WELLBEING, IT ALL COUNTS.

[WWW.THATCOUNTS.ORG.UK](http://WWW.THATCOUNTS.ORG.UK)

**GET YOUR 30 IN**

# THAT COUNTS!

## THAT COUNTS!

#THATCOUNTS

60 MINS OF YOUR 30 A DAY

## BUSTING A MOVE WITH NEW FRIENDS

**THAT COUNTS!**

BY BEING ACTIVE FOR JUST 30 MINUTES A DAY, YOU'LL FEEL THE BENEFITS IN NO TIME. FROM BETTER SLEEP TO IMPROVED WELLBEING, IT ALL COUNTS.

[WWW.THATCOUNTS.ORG.UK](http://WWW.THATCOUNTS.ORG.UK)

**GET YOUR 30 IN**

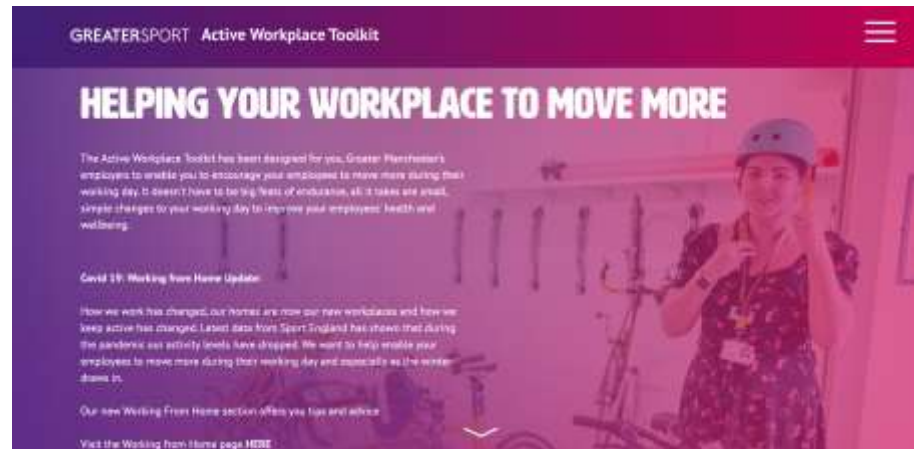
## NICE TRY, DOESN'T COUNT!

# GREATERSPORT Active Workplaces

The Active Workplaces Toolkit has been designed for you, Greater Manchester's employers to help you to encourage your employees to get moving during their working day.

The toolkit is broken down into 5 sections

- **Business Case**
- **Getting Started**
- **Who Can Help You**
- **Working from Home**
- **Stories**



**GREATERSPORT**

**SIGN UP FOR THE ACTIVE WORKPLACES  
TOOLKIT**

**[WWW.GREATERSPORT.CO.UK/ACTIVeworkplaces](http://WWW.GREATERSPORT.CO.UK/ACTIVeworkplaces)**

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**ACTIVE  
WORKPLACES**

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