

NUTRITION AND WELLNESS | MARCH SAFETY SEGMENTS



As an employer, you have the opportunity to enhance your employees' well-being and foster healthier communities by advocating for physical activity in your workplace. Consider implementing initiatives such as on-site gyms and walking paths to encourage your employees to incorporate physical activity into their daily routines. Additionally, offering discounts for active commuting can further support this culture of well-being within the workplace.

INCLUDING MORE PHYSICAL ACTIVITY AT WORK

DIRECTIONS

Start out the discussion by setting the expectations for creating a safe space and being respectful of everyone's feedback. Print out or share an electronic copy of the [Physical Activity Infographic by Thrive Health Services](#). Give each staff member 5 minutes to read. After everyone is done, use the guiding questions to facilitate a group discussion

SAFETY SEGMENT DISCUSSION



Guiding Questions:

- Brainstorm ideas with the group on how to include more physical activity at work.
- What are possible barriers to these ideas?
- What can the employer do to support fitness and physical activity at your workplace?

Alternative Activity:

Instead of the handouts, you can watch a [short video](#) about the Brain-Changing Effects of Exercise that has a short energizing 5-minute energizing work-out for the group.

What would you change in your behavior from what you learned from the video?



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