



# Help Employees Get Daily Physical Activity

## WHY this is important

People who are more physically active have a reduced risk of obesity, heart disease, diabetes and some types of cancer. Physical activity also supports emotional health and stress reduction. All of these benefits contribute to a happier and more productive employee, which can save an organization money.

It is important to consider the diverse physical abilities of employees, and to make sure that any physical activity program is inclusive of employees with disabilities. Employees should be encouraged or required to consult with a physician and/or sign a consent form before beginning any exercise program offered at a workplace.

## HOW to support this outcome

- Implement policies that allow employees to be active during the day (e.g., flex-time, using paid time for physical activity).
- Support physical activity breaks and active meetings (such as walking meetings).
- Provide on-site bike racks in safe and convenient locations.
- Use signs, prompts, and create “inviting” stairwells to encourage the use of stairs.
- Provide maps of trails or walking paths in the area.
- Provide on-site fitness equipment or discount memberships at local gyms.
- Provide incentives for participating in physical activity or weight management activities.
- Include family members in activities that promote physical activity, such as challenges.
- Enter local fitness activities, such as 5K fun runs, as a company team.
- Consider the physical abilities of all employees and offer accommodations and alternatives.

Highlighted activities offer the highest impact.

## WHERE to go for resources

- Local Motion: [www.localmotion.org](http://www.localmotion.org)
- Vermont Department of Forests, Parks and Recreation area maps and trails: [fpr.vermont.gov/recreation/trail-maps-and-guides](http://fpr.vermont.gov/recreation/trail-maps-and-guides)
- “Take the Stairs!” signs: [www.cdc.gov/physicalactivity/worksite-pa/toolkits/stairwell/motivational\\_signs.htm](http://www.cdc.gov/physicalactivity/worksite-pa/toolkits/stairwell/motivational_signs.htm)
- Vermont 2-1-1 (dial 2-1-1)
- Go! Vermont: [www.connectingcommuters.org](http://www.connectingcommuters.org)

**Toolkit** ▶ *Sample Physical Activity Policy Template*

**For more info** ▶ The Vermont Department of Health is here to help. Contact the district office near you: [www.healthvermont.gov/local](http://www.healthvermont.gov/local).