



Sample Topic: **PHYSICAL ACTIVITY**



AWARENESS RAISING ACTIVITIES	EDUCATION & SKILL-BUILDING ACTIVITIES	ENVIRONMENTAL SUPPORTS	SUPPORTIVE POLICIES
<p>Distribute credible information on your workplace wellness bulletin boards, by e-mail or on your intranet such as:</p> <p>24-Hour Movement & Activity Guidelines</p> <p>Canadian Sedentary Behavior Guidelines</p> <p>City of Windsor Parks, Trails, and Recreation Maps</p> <p>County Wide Active Transportation Route Maps</p> <p>Factsheet on stretching at the workstation from the Canadian Centre for Occupational Health and Safety</p> <p>Handbook on exercise at your workstation from the Occupational Health Clinics for Ontario Workers Inc.</p> <p>Municipal Activity Guides or local physical activity or recreation programs</p> <p>Motivational posters encouraging employees to make active choices (e.g.,</p>	<p>Host a Lunch & Learn or an education session led by:</p> <p>Bike Windsor Essex</p> <p>Coordinate active events for employees such as:</p> <p><i>Walking breaks or an active break workplace challenge</i></p> <p>The UpnGo.ca Program to help deskbound employees be more active</p> <p><i>Employee sports teams or activity groups</i></p> <p><i>An employee team for the Big Bike for Heart and Stroke</i></p> <p><i>Windsor-Essex County Health Unit's Online Physical Activity Challenge in April to June</i></p> <p>A Bike to Work event for Bike Month in June</p> <p><i>Employee attendance at the County of Essex's County Wide Active</i></p>	<p>Introduce walking meetings.</p> <p>Invest in showers and change rooms to support physical activity and active transportation.</p> <p>Provide corporate or reduced rate memberships to onsite, private, or local fitness or recreation facilities.</p> <p>Have physical activity equipment available to sign out for use during breaks.</p> <p>Have designated areas available that are safe for physical activity (e.g., basketball courts or greenspace)</p> <p>Host on-site fitness or yoga classes.</p> <p>Have safe bicycle storage, such as bicycle racks or bicycle lockers.</p> <p>•</p>	<p>Walking Meetings Policy</p> <p>Physical Activity Policy</p> <p>Work-Time Allowance for Physical Activity Policy</p> <p>Gym/Sports Discounts Policy</p> <p>Active Living Subsidy Policy</p> <p>Bike Friendly Workplace Policy</p>



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<p>taking the stairs instead of the elevator)</p>	<p>Transportation System Celebrations Event in June</p> <p><i>Employee noon hour walks for In-Motion Week during the first week of October</i></p> <p>Host an archived Healthy at Work webinar from the Windsor-Essex County Health Unit:</p> <p>Getting Started on Your Personal Exercise Journey</p> <p>Cycling For Fun Health & Profit</p>		