



## Shape Up *Your* Workplace

A Monthly Series brought to you by Get Healthy CT

### **Workplace Wellness Idea #9: Encourage Physical Activity Outside of Work**

Get Healthy CT aims to provide businesses with ideas that will facilitate healthy behaviors of their employees to improve employee satisfaction, productivity and showcase the employer as a role model for health. To support this, we will provide a “Workplace Wellness Idea” each month that employers can implement at low or no cost.

**Encourage physical activity outside of work:** As an employer, you can encourage your employees to get active before or after work in a variety of ways:

- Start a company sports league or find existing leagues for employees to join.
- Find local gyms that would offer membership discounts to your employees.
- Start a walking, hiking, biking or running club.
- Host a wellness challenge.
  - *See Workplace Wellness Idea # 4 for further information*
- Provide your employees lists of free physical activity fitness tools they can use to track their activities.
  - *Get Healthy CT has a list at [www.GetHealthyCT.org/getactive](http://www.GetHealthyCT.org/getactive)*
- Provide bike racks/storage to encourage your employees to bike to work.
- Offer onsite fitness classes such as yoga, Zumba, meditation or aerobics.

For more helpful tips and local resources please visit [GetHealthyCT.org](http://GetHealthyCT.org) or e-mail [GetHealthyCT@gmail.com](mailto:GetHealthyCT@gmail.com).

*Let's work together to help make the healthy choice the easy choice in the workplace!*

Here are some ideas to encourage your employees to be active outside of work hours:

**Start a company sports team and join an existing league:** Follow these simple steps to get a team together.

- Solicit interest from employees about joining a league through your company communication channels. Sports that are played in leagues include: baseball, softball, basketball, bowling, flag football, hockey, golf, tennis, racquetball, bocce, soccer, etc.
- Start your own league if you have enough teams or find a local sports league using Get Healthy CT's searchable database: <http://GetHealthyCT.org/pa-city-search/>

**Arrange for gym membership discounts for your employees at a local gym.**

- Find local gyms in the area using Get Healthy CT's searchable database: <http://GetHealthyCT.org/pa-city-search/>
- Contact a gym to create a discounted rate for your employees.
- Communicate this rate to your employees and encourage them to join by offering reimbursement for the membership fee.

**Start a walking, hiking, biking or running club:**

- Solicit interest from employees about starting a walking, hiking, running or biking club. Identify a team leader who can organize the group(s).
- Empower the team leader to plan regular walks/runs. They can find local walking, running, hiking or biking trails at [www.GetHealthyCT.org/GetActive](http://www.GetHealthyCT.org/GetActive) .
- The team leader can also map out a local route near work using the free "Map My Run" app. This app allows you to plan out a walking, running or biking route of a specific distance and the map can be printed to be handed out.

**Offer onsite fitness classes:**

- If you have space for an onsite class and enough employees to participate, you can often find local instructors who will hold classes at your worksite. They can either charge each participant separately or be funded by the company.
- To offer yoga or meditation, you just need a room with open floor space. To offer Zumba, you would want a larger, non-carpeted space so people can move around.
- Solicit interest from employees about joining an onsite fitness class through company communication channels.
- You can find an instructor willing to come to the company through YMCAs, Parks and Recreation Departments or local gyms. These organizations can be found through <http://GetHealthyCT.org/pa-city-search/>.