

BE AN ACTIVE WORKPLACE

Physical activity is ESSENTIAL for good health!

Workplaces can help increase physical activity levels thereby **reducing sickness absence** and **increasing productivity**.

Being active **before / after work** or **during lunchtimes** in as little as **10 minute** bouts will help improve employees health.

Encourage your workplace to #UseYourLunchtime

Not everyone can fit activity into their busy schedules so encourage your staff to **#UseYourLunchtime** and take a break from their desk for a walk with colleagues or play a game of Table Tennis!

Not only will it boost their concentration, but will help them look and feel better too!



Advice and support offered

- Physical activity advice / recognition through the Physical Activity Certificate
- Establishing links with local community groups, clubs and physical activity providers
- Links with local leisure centres
- Bespoke opportunities for your business
- Staff physical activity auditing
- Get Active Challenge
- Cornwall Beach Games

If you would like further information or to arrange a visit to your workplace regarding physical activity and sport opportunities, please contact **Get Active Cornwall** on:

Email: info@getactivecornwall.co.uk

Tel: 01872 323344

www.getactivecornwall.co.uk