



Healthy Workplace

Physical Activity in the Workplace

Active, healthy employees are productive employees! Studies show that employees who can exercise at work “more productive, happy, efficient and calm”. Exercise has been proven to re-energise staff, improve their concentration, boost problem-solving ability and reduce stress levels.

The goal of Physical Activity sessions in the Workplace that we offer:

- To provide a range of fun in-house exercise sessions for employees
- Establish physical activity as a catalyst for improving mental health
- Increase staff engagement and promote an active, healthy workforce

We can offer a range of Physical Activity and Exercise sessions, including:

- Postural assessment and correction workshop
- Low impact circuit training
- Stretch and flex sessions
- Desk based exercise
- Stress busting boxing
- Core training workshop

**“Physical activity programmes
at work reduce absenteeism
by 20% overall”**

(The Workplace Wellbeing Charter)



If you have a specific activity in mind for your workplace, or would like to discuss a bespoke activity session that meets your staff needs, simply email ben.harris1@cornwall.gov.uk to see how we can help.

About the sessions:

- Sessions can last anywhere from 30 – 60 minutes, depending on time availability and work demands for your staff.
- Workplaces are entitled to book up to 4 sessions per quarter.
- A minimum of 4 and maximum of 12 people are required for activity sessions.
- Back to back sessions in a day can be booked for workplaces that have more staff.
- Sessions can take place before, during or after work.
- A suitable exercise space such as a large meeting room or outdoor car park can be used, subject to prior risk assessment.
- A short health screening questionnaire will need to be completed by all staff participating (we will send you this prior to the session).
- All equipment is supplied by the Healthy Workplace team.
- Learning materials and worksheets are also provided to enhance engagement.



Additional Support

- Support towards the Healthy Workplace award (sections 7 and 8).
- Engage in further Workplace Health sessions such as Healthy Weight, Healthy Eating, Health Checks, Stress Reduction and Mental Health Awareness workshops.

If you are interested in booking some exercise sessions for your staff, please contact the Physical Activity in the Workplace lead, Ben Harris, on ben.harris1@cornwall.gov.uk or give us a call on 01209 615600.

www.behealthyatwork.org

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