

## Physical Exercise and Activity Sessions

### The goal:

- To provide in-house physical exercise and activity sessions for organisations
- Increase employee engagement and promote an active, productive workforce
- Offer a range of exercise and activity sessions based on the business needs
- Establishing exercise as a catalyst for improving mental health and productivity

***“79% have made or will consider lifestyle changes thanks to the support and information received in their workplace (The Workplace Wellbeing Charter)”***

### What we can offer:

- Exciting and engaging group exercise sessions
- Stress busting staff boxing sessions
- Functional exercise for older working populations and corrective postural training
- Circuit training, HIIT (High Intensity Interval Training) and core training workshops
- Physical fitness testing and prescribed exercise programmes for workplaces
- Tailored sessions based on an organisations wants and / or needs
- Outdoor team building activity sessions

***“Physical activity programmes at work reduce absenteeism by 20% overall (The Workplace Wellbeing Charter)”***

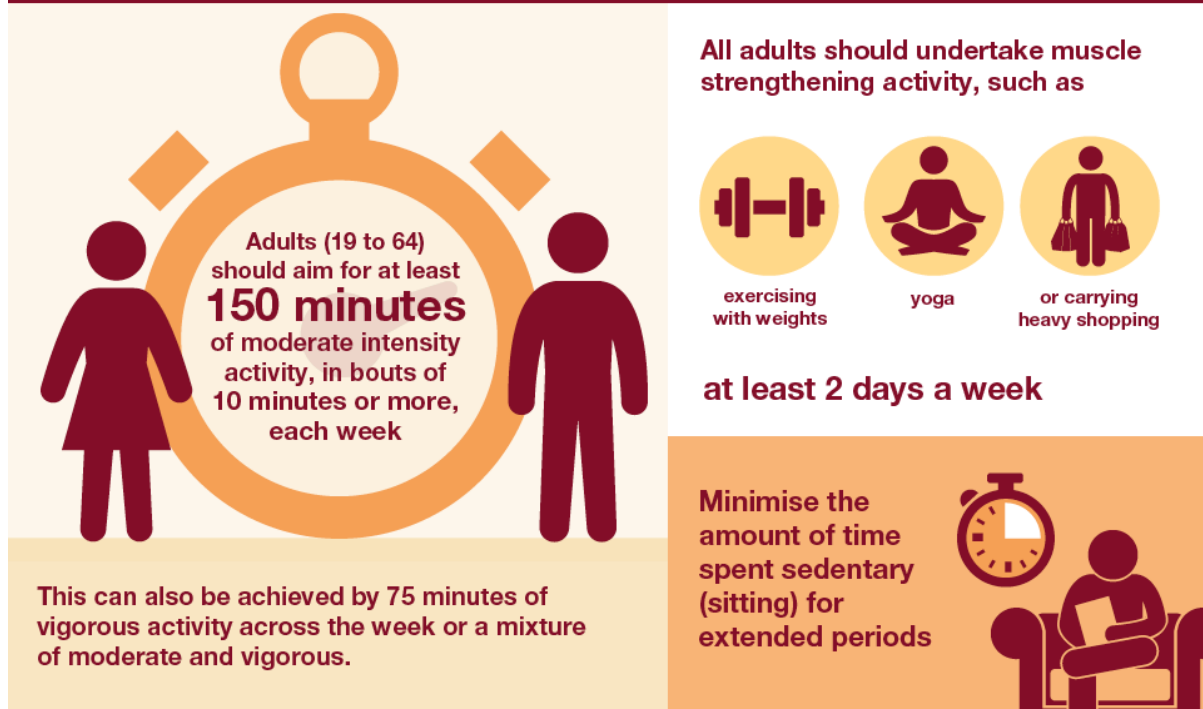
### Follow up and support:

- Support towards the Healthy Workplace Award (Section 8 & 9 look at healthy weight and physical activity in the workplace)
- Follow up fitness testing
- Engage in further interventions (healthy weight, healthy eating, mindfulness)
- Support with supporting workplaces with physical exercise challenges and activity initiatives in the workplace
- Cornwall Beach Games in May
- The Daily Mile
- Signposting towards physical activity and exercises services for staff

## Physical Exercise and Activity Sessions

The government issued guidelines via NICE in 2015 on how promoting a culture that improves the health and wellbeing of employees is "good management and leads to healthy and productive workplaces".

### How much physical activity should you do?



Adults (19 to 64) should aim for at least **150 minutes** of moderate intensity activity, in bouts of 10 minutes or more, each week

All adults should undertake muscle strengthening activity, such as

- exercising with weights
- yoga
- or carrying heavy shopping

at least 2 days a week

This can also be achieved by 75 minutes of vigorous activity across the week or a mixture of moderate and vigorous.

Minimise the amount of time spent sedentary (sitting) for extended periods

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**There is an economic case for promoting exercise at work;**

**Healthy staff means fewer absences due to illness**

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The NHS is now promoting activities such as boxing as a way of getting people to live healthier lives. Find out more [here](#)

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## Physical Exercise and Activity Sessions

**Studies show that employees who can exercise at work "are more productive, happy, efficient and calm". Exercise re-energised staff, improved their concentration and problem-solving and made them feel calmer.**

### **Staff boxing sessions:**

- Safe, effective and highly addictive exercise to get the workforce fighting fit
- Stress busting, fun and engaging
- Skill based exercise means enhanced learning and engagement
- Team building; colleagues will work together throughout the session
- Delivered to between 6 – 20 employees for session participants
- Effective cardiovascular, core training and muscular conditioning sessions

### **High Intensity Interval Training:**

- Time saving workouts designed for lunch breaks, before and / or after work
- Varied and engaging exercise to challenge the whole body
- Experience the 'after-burn effect' and burn calories for hours after
- Very popular due to how effective this type of training is

### **Circuit Training:**

- Challenge every muscle group in the body
- Options to increase or decrease the level of challenge for each exercise
- Can be tailored to the needs of the workforce
- A mixture of cardiovascular, muscular resistance and core training exercise

### **Functional Exercise Sessions:**

- Targeting the older working population
- Improve mobility, joint strength and co-ordination
- Low intensity training (LIT) encourages a focus on movement patterns
- Can include cardiovascular, muscular resistance and core training exercise

## **Corrective Postural Training and Assessment**

- Targeting physical job roles with MSK issues
- Peer-to-peer range of motion (ROM) testing and assessment
- Assessment, exercises and stretches for ankle, knee, hip, lower back and scapula
- Corrective exercise for spinal conditions such as scoliosis and lordosis
- Education and awareness on posture and positioning at work

## **Physical Fitness Testing:**

- Static and / or dynamic testing
- Muscular endurance, strength, flexibility and cardiovascular testing
- Results produced for each employee with suggestions for improvement
- Short theory on importance of cardiovascular, strength and flexibility components

## **Team Building Activities**

- Fun, engaging and challenging sessions for the whole workforce
- Improve motivation and team cohesion; get everyone moving
- Outdoor or indoor activities and games

## **Core Training Workshops**

- Learn the importance of a strong and effective core
- Exercises for lower back, hips, glutes and abdominals
- Explore and understand positioning of the pelvis when sitting or standing

## **Prescribed Exercise Programmes**

- Exercise and activity programmes for between 4 and 12 weeks for the workplace
- Weekly goals to maintain engagement for individuals or groups
- Improves team cohesion by collectively working together towards a goal

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