



Being Active in the Workplace Links

See also link on the Activity Links page to view links on specific activities and on the Be Active in your Local Area to view links to opportunities in local areas.

Please be advised that CSW Sport does not manage the websites that are listed and therefore does not take responsibility for the content of material that is included within these websites.

Sportmakers, the national initiative inspired by London 2012, about inspiring volunteers who are 16+ to volunteer and inspire other people who are 16+, to join in a sporting activity. There is huge potential for this initiative in the workplace setting. Become a Sportmaker today by visiting the Sportmakers website, www.sportmakers.co.uk

British Heart Foundation (BHF) Think Fit, promoting workplace health and wellbeing (newsletter available), <http://www.bhf.org.uk/thinkfit/> and publications http://www.bhf.org.uk/publications/publications_search_results.aspx?m=simple&q=work

The government's tax free cycle to work scheme, <http://www.dft.gov.uk/publications/cycle-to-work-scheme-guidance/> <http://www.cyclescheme.co.uk/> Please note that there are a number of companies that are facilitators of the scheme.

Health, Work and Wellbeing, government led initiative that aims to protect and improve the health and wellbeing of working age people, <http://www.dwp.gov.uk/health-work-and-well-being/resources/>

Business in the Community Workplace Health and Wellbeing, http://www.bitc.org.uk/workplace/health_and_wellbeing/index.html

Walking Works, <http://www.walkingworks.org.uk/walking-and-the-workplace>, part of the Living Streets' set of campaigns, is a campaign to get us all walking more in our daily lives

Walkit.com, <http://www.walkit.com/walking-to-work/>, the urban walking route planner

British Heart Foundation National Centre for Physical Activity and Health (BHFNC) <http://www.bhfactive.org.uk/workplace/index.html>

National Institute for Health and Clinical Excellence (NICE) Promoting Physical Activity in the Workplace, <http://www.nice.org.uk/PH13> and other publications, <http://www.nice.org.uk>

ACT Travelwise, networking organisation that promotes sustainable travel, <http://www.acttravelwise.org/home>

Sustrans, the sustainable transport charity, <http://www.sustrans.org.uk/>
Travel Actively, a consortium of the leading walking, cycling and health organisations, <http://www.travelactively.org.uk/>

Sustainable Travel section of Department of Transport, <http://www.dft.gov.uk/topics/sustainable/>

Change4life, Employers Toolkit, <http://www.nhs.uk/Change4life/Pages/PartnerTools.aspx>



Cycle Friendly Employers, resources for employers on cycling,
<http://www.cyclefriendlyemployers.org.uk/>

CTC's Workplace Challenge, <http://www.ctc.org.uk/desktopdefault.aspx?tabid=5313>

NHS Choices Live Well, Healthy Living Advice <http://www.nhs.uk/LiveWell/Pages/Livewellhub.aspx>