



Examples of Workplace Initiatives

There are a range of initiatives that can be developed within the workplace to make people more active.

Examples of initiatives could be:-

Pedometer and other forms of challenges, individual or team based

Establishing walking, cycling, swimming or running groups, eg lunchtime walking group

Organising and competing in tournaments, leagues and sports matches with other organisations or internally, eg being part of a 5-a-side football league and mirror world cups

Developing walking, cycling or running leaflets for the local area of the organisation

Entering teams into corporate events such as running races or charity challenges or participation in national weeks, eg cycling to work

Promoting and encouraging active travel (walking and cycling to work), stair walking and being active generally

Offering activity classes and taster sessions or subsidised memberships for local sports provision such as leisure centres

Establishing facilities for cycling, walking and running to and from work, eg showers and cycle storage, developing paths for walking and cycling and other facilities such as gyms and giving access to open spaces for other activities

Developing strategies and policies that support being active, in and out of work and influencing local infrastructure planning to support people being active such as being part of one of the Government's Cycle to work schemes so that employees can purchase tax free bikes and/or cycle mileage allowances,