

**BEST PRACTICES TO MAKE
YOUR WORKPLACE AN
ACTIVE ENVIRONMENT**

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INTRODUCTION

Office workers sit at their desks most of their work time which could cause different bad effects on the employees' health, physically and mentally.

Research commissioned by Public Health England has found that workers should aim to spend at least two hours of their working day on their feet, to lower their chances of contracting severe medical conditions.

Aside from the obvious physical benefit of being active at work such as keeping the blood flowing while standing up or being active by walking to colleagues' desks to communicate rather than relying on e-mail, staying active at workplace can have a positive effect on morale, confidence, and creative ability.



WHY IS MOVING DURING WORKDAY IS IMPORTANT?

[START](#)

BENEFITS OF PHYSICAL ACTIVITY IN A WORKPLACE

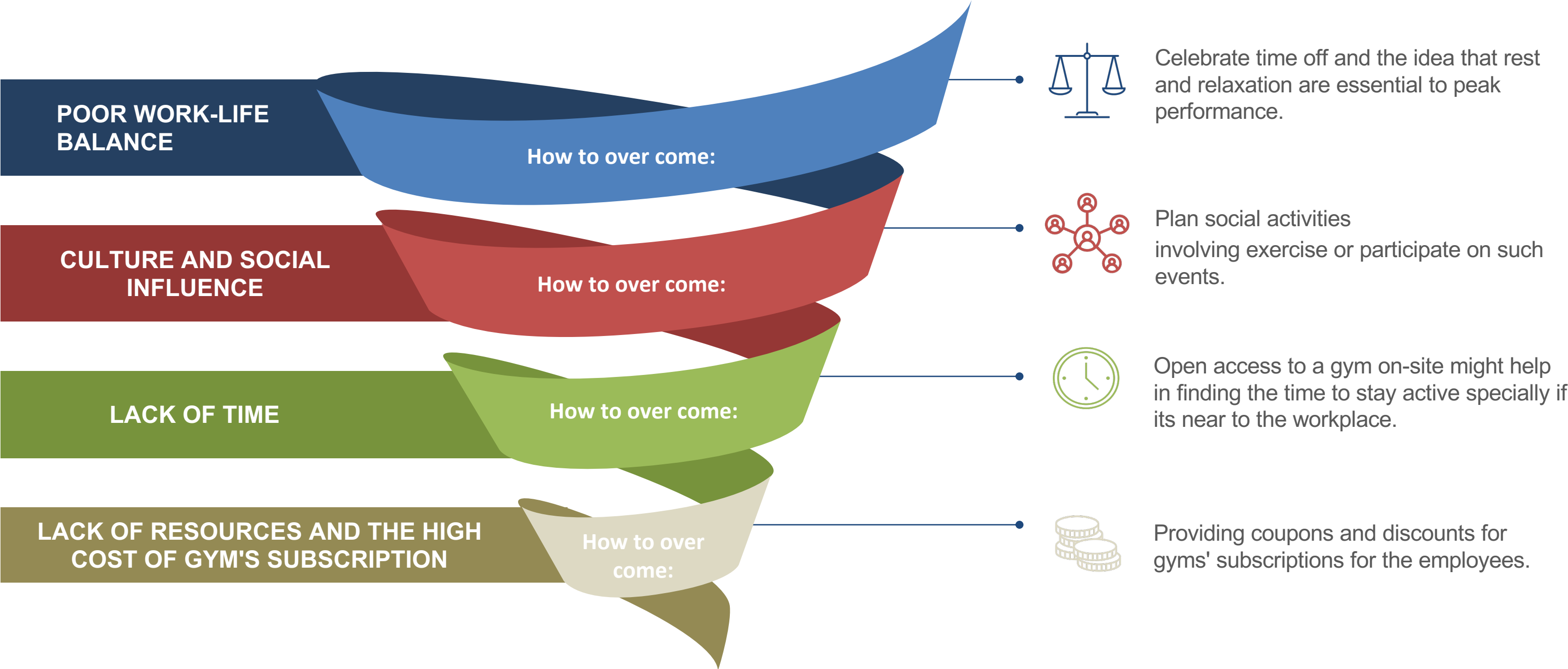
HAVING PHYSICALLY ACTIVE EMPLOYEES CAN LEAD TO:

- Reduce sickness and sick days (reduce absenteeism).
- Improve productivity, performance, and morale.
- Lower employee turnover.
- Improve creativity and problem-solving.
- Decrease work-related stress.
- Increase team building amongst employees.
- The creation of a healthy culture.
- Team Bonding.



BARRIERS OF STAYING PHYSICALLY ACTIVE IN A WORKPLACE FOR THE EMPLOYEES:

BARRIERS OF STAYING PHYSICALLY ACTIVE IN A WORKPLACE FOR THE EMPLOYEES



SOME PRACTICES YOU CAN DO TO ACTIVATE YOUR WORKPLACE

➤ Encourage employees to track their steps:

It's a lot easier to be active when you can keep track of how much you're really moving.

Yes, there's a reason everyone is wearing activity trackers like Fitbit and such. Put one on your wrist and find out how many steps you complete in a day, SFA's steps challenges will absolutely encourage employees to track their steps. They can reach their daily goal by organizing team walks during lunch breaks or walking meetings which will enhance team bonding and communication.

➤ Try a standing desk:

If it's possible in your office, standing up to work can be a great choice. Standing uses more muscles and burns more calories than sitting and it can be great for your back and posture. Also setting up printers and other commonly used office accessories away from workstations will encourage people to get up and move.

➤ Take the stairs:

We all know we should take the stairs instead of the lift, but how often do we actually do it?

The trick is making it a habit, so you stop thinking about it as a choice you have to make every time. Start by aiming to take the stairs once a day, then work up until it's automatic.

Creating a motivational branding around the stairs could help to encourage employees to use the stairs.



SOME PRACTICES YOU CAN DO TO ACTIVATE YOUR WORKPLACE

➤ **Start employees' small tournaments:**

Get your co-workers involved and create small tournaments for example: football basketball tournaments (or any other team sports) every 3 months or 6 months.

This will encourage employees to stay active until the tournament starts and will help employees to bond more and build communications with other departments.

➤ **The gym in the office:**

Installing an on-site gym or including gym membership as part of salary packages will support the employees and encourage them to be more active.

➤ **Have standing or walking meetings:**

We all have those meetings that stretch on for an hour but could really be accomplished in 15 minutes. Try organizing a standing meeting – research shows this can be a good way to increase efficiency, making sure things don't drag on unnecessarily, as well as getting you out of your chair.



SOME PRACTICES YOU CAN DO TO ACTIVATE YOUR WORKPLACE

➤ **Create an active environment:**

You can create a very good healthy environment by supporting the employees in many different ways such as providing healthy food restaurant membership for the employees also distribute active office equipment such as bicycle office chairs.

➤ **Sport community programs participation:**

Participating in sport community programs will encourage the employees to be more active inside and outside the workplace since these types of programs require preparation from participants to be active for the programs. Programs could be such as (Obstacle races, marathons, etc..) and these programs for all levels.

➤ **Provide time-off for physical activity:**

Consider giving your employees half-an-hour time-off every week or once in two weeks to engage in physical activity. Many workplaces have done this and found their employees appreciative of the management's support in their pursuit of an active lifestyle.



HOW CAN SFA SUPPORT?

SOME OF SFA'S PROGRAMS THAT FITS CORPORATES

SFA can help in creating steps challenges between employees by using the SFA application and it can be a location-based challenge for the company's employees

Steps challenges:

Mass Participation Events:

During the whole year, SFA organizes many mass participation events in which everyone can participate, whether as groups or as individuals

SFA helps corporates and companies in organizing tournaments for the employees in SFA domes for example

Tournaments and Leagues:

➤ **About RFS:**

RFS is a link for Community Sport Groups to submit requests related to their programs/events to SFA for the needed support.

➤ **Process:**

The CSG's leader is the person responsible for submitting the RFS request through the link by filling the event details and support areas needed. SFA team will review the request and then contact the leader either with feedback, rejection, or approval. Approval status for each support area will be sent to the leader.

➤ **Timeline:**

A request for support should be submitted no less than 6 weeks prior to the event date.

➤ **What can be requested through RFS:**

- Governmental Permits
- Facility booking (If available)
- Marketing of the event / program
- Providing volunteers (If available)

❖ **RFS link:** <https://rfs.sportsforall.com.sa/en/login>

RFS VIDEO EXPLINATION:

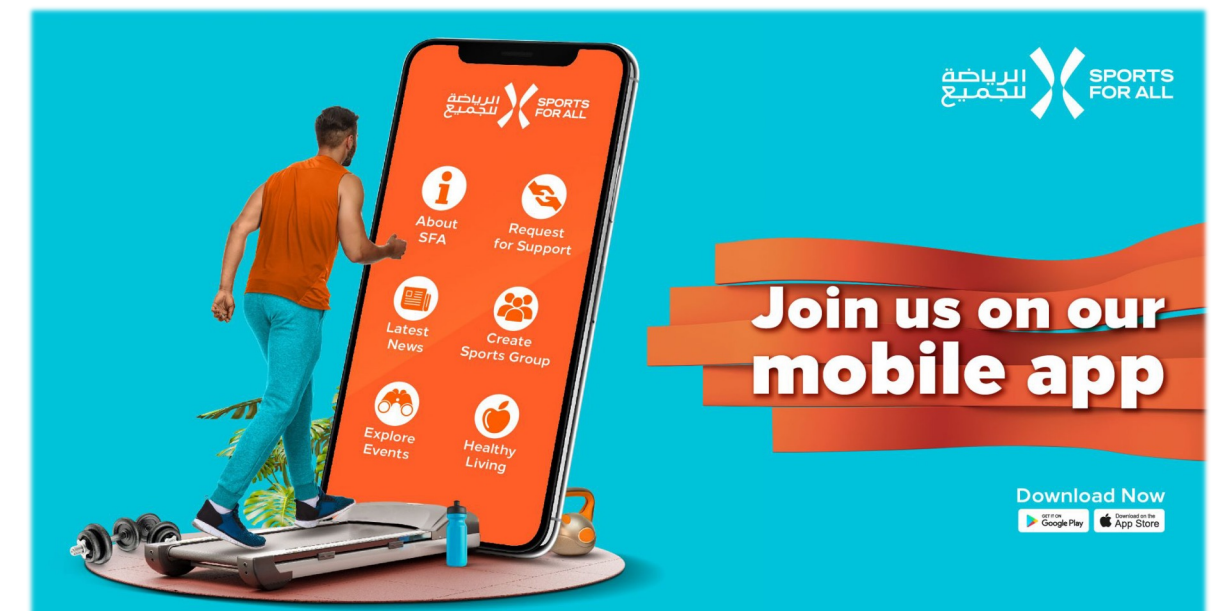
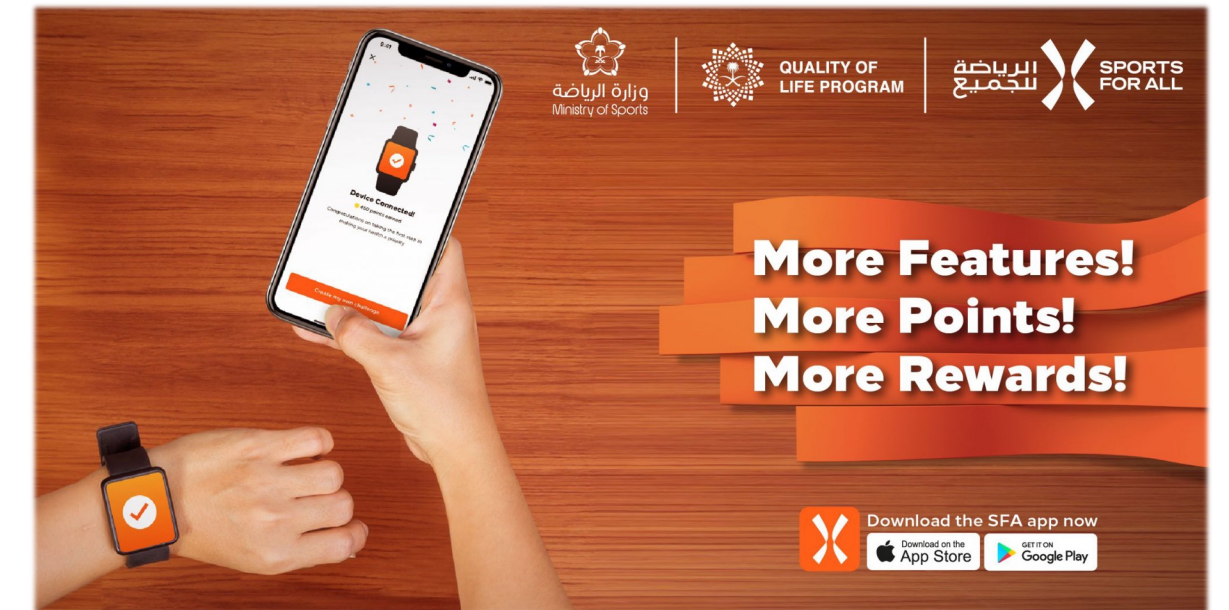
PLAY

➤ SFA's Application:

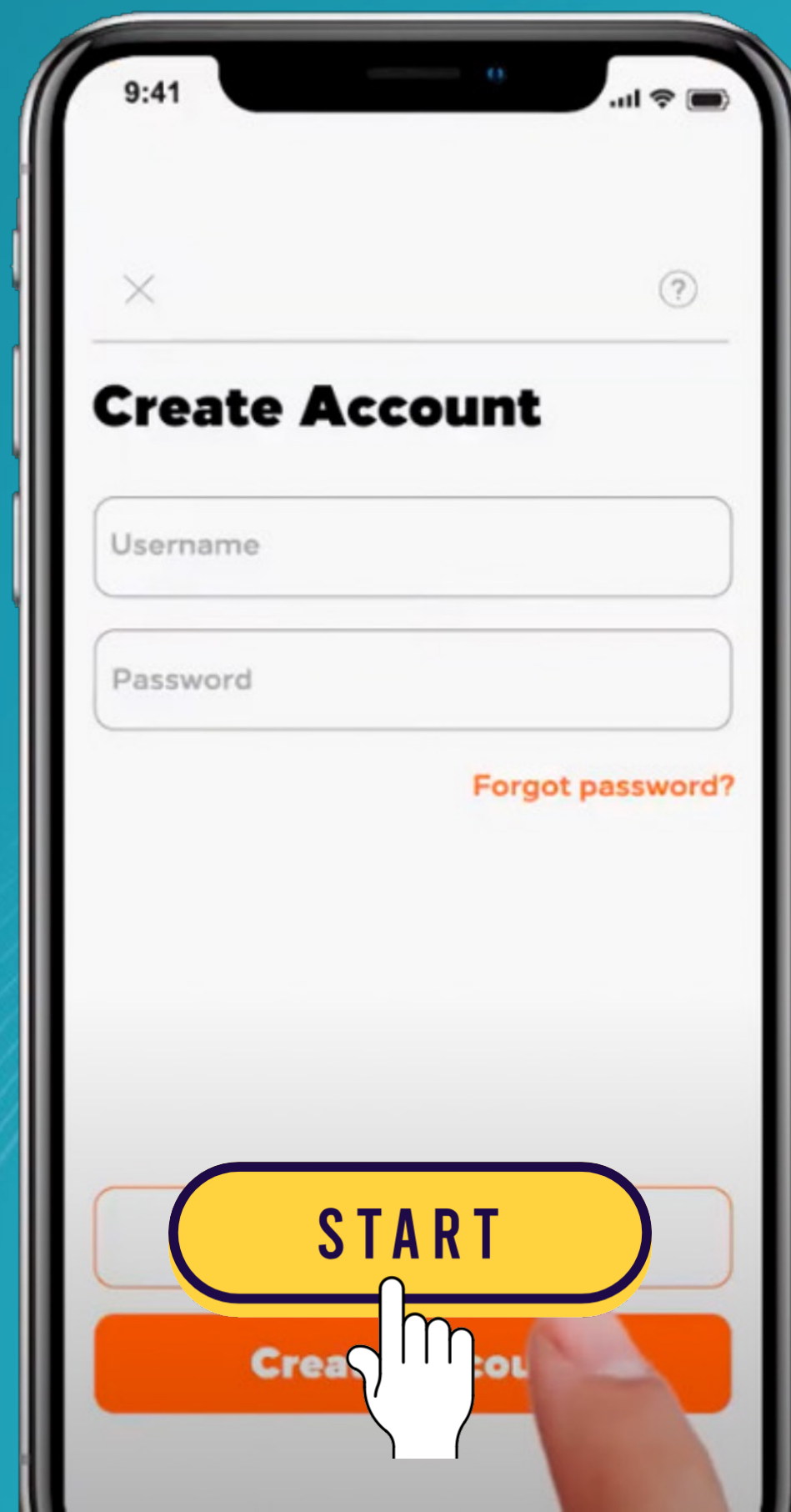
The Saudi Sports for All presents the easiest way to find out how to participate in community, group and individual sports, physical activities for all fitness levels.

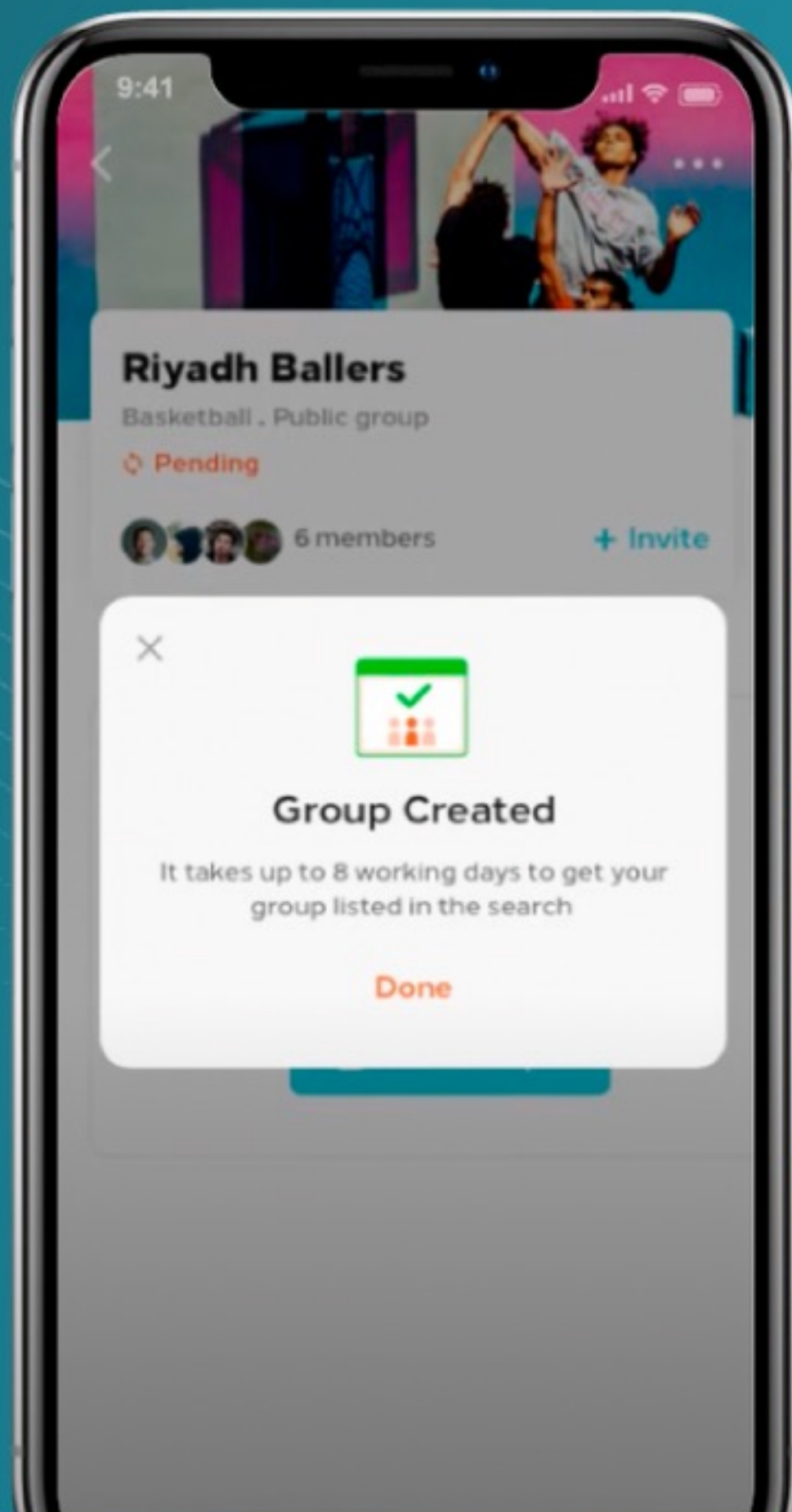
➤ What does CSG mean:

Through SFA application you can create Community Sport Group, leaders of these groups can create, manage and share those groups and invite people to events and enjoy the experience of getting physically active with likeminded people.



HOW TO CREATE AN ACCOUNT IN SFA APPLICATION:





HOW TO CREATE A COMMUNITY SPORTS GROUP:

START



CONGRATULATIONS!

You have successfully created your
Community Sports Group

CONCLUSION

Workplace that supports physical activity provides and enhances the quality of life for employees, both inside and outside of the workplace. When employees are encouraged to be active, there can be benefits for both the employee and the company.



❖ **Public Health England research:**

<https://www.gov.uk/government/publications/physical-activity-applying-all-our-health/physical-activity-applying-all-our-health>

❖ **SFA application link:**

Apple:

<https://apps.apple.com/sa/app/saudi-sports-for-all/id1501523707>

Android:

<https://play.google.com/store/apps/details?id=com.uxbert.sfa>

Thank you!
