

It's time for everyone to **SIT LESS** and **MOVE MORE!**

More time is spent sitting at work than ever before, leading to a less active, less happy, and less productive workplace. Inactive, sedentary behaviour is taking a toll on workplace culture, as well as your bottom line.

ONLY
20%
of adults get enough
physical activity¹

The average adult spends

10
HOURS
a day sitting²

What it's costing your business:



HEALTH CLAIMS

Physically active employees take 27% fewer sick days and report 14 – 25% fewer disability days³



ABSENTEEISM

Wellness programs save 1.5 – 1.7 days absenteeism, or \$251/employee per year⁴

How it's affecting your ability to remain competitive:

**Decreasing Job
Satisfaction & Engagement**

**Lowering
Productivity**

**Impacting Recruitment
& Employee Retention**

Help your employees perform **AT THEIR BEST**

UPnGO with ParticipACTION helps deskbound workplaces seamlessly integrate fun, rewarding, and healthy behaviour programming into the workday to help employees be at their best. It helps them understand and overcome barriers to physical activity and make healthy, long-lasting behaviour changes over time.

This unique program is designed to mobilize entire workforces, not only the physical activity keepers. Here are the main components:



DIGITAL PLATFORM

Participants receive content, notifications, and social support to help reach their daily step goal and embrace healthy behaviour.



MONTHLY THEMES

There are 12 monthly themes and challenges to encourage and support participants in reaching their step goals and being more physically active at work.



ENVIRONMENTAL CUES

Visible reminders are set up in physical spaces throughout workplaces to remind participants about the program and cue healthy behaviours that contribute to moving more at work.



REWARDS & SWEEPSTAKES

When participants track activities and earn points, their healthy behaviour is recognized through rewards and sweepstakes entries.

What makes UPnGO DIFFERENT?



Engages your
entire workforce



Creates long-lasting
behaviour change



Builds a strong
community both
on and offline



Designed by
experts from
ParticipACTION



A model for permission: engages senior leaders to
model healthy behaviours, take part in the program,
and encourage employees' participation



Demonstrated Social Return on Investment

For every **\$1** invested in UPnGO there is a social
and economic return on investment of **\$4**.

"ParticipACTION's UPnGO program created a transformational, cultural change in our offices. The wearable technology and smart phone applications provided reminders when it was time to move, and people started interacting in person with their colleagues more rather than sending emails. Staff took walking meetings, favoured the stairs over the elevators, and the technology enabled everyone - wherever they worked - to participate. This quite literally created healthy competition among staff of all abilities, and a cheerful work environment. If you're looking for a challenge for your organization that will help you keep fit and have fun, ParticipACTION's UPnGO program is the answer."

Blair Dimock, Vice-President
Partnerships and Knowledge, Ontario Trillium Foundation

ParticipACTION is a national not-for-profit, charitable organization that helps Canadians sit less and move more. Established in 1971, ParticipACTION works with its partners, which include sport, physical activity, recreation organizations, government and corporate sponsors, to make physical activity a vital part of everyday life. ParticipACTION is generously supported by the Government of Canada. For more information, please visit participaction.com

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Public Health
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Fondation
Trillium
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An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario

Are you ready to UPnGO?

Visit UPnGO.ca today to
get your workplace sitting
less and moving more.

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UPnGO
with **PARTICIPACTION**