



# 8 SIMPLE WAYS FOR ORGANIZATIONS TO HELP THEIR TEAM MEMBERS AND/OR STUDENTS SNEAK PHYSICAL ACTIVITY IN

*Sneak It In* is all about sneaking in small bouts of physical activity whenever, wherever and however works best for people.

Although situations differ across organizations, one thing is true: allowing your employees, volunteers or students to make room in their busy schedules for short movement breaks will help them be their best selves by improving their mood, energy, creativity, focus, productivity and more. A more active day is within reach, and it starts with organizations like you!

## HERE ARE SOME WAYS TO HELP YOUR TEAM MEMBERS SNEAK PHYSICAL ACTIVITY IN:



**1** **Develop policies that support physical activity:**  
Provide flexible schedules, offer opportunities to work, study or volunteer from home, and implement dress codes that allow employees, students or volunteers to wear comfortable clothing and footwear.



**2** **Encourage and enable active transportation:**  
Offer incentives for those who walk, wheel, cycle or take public transit to get to and from work, school or volunteering, and provide bicycle racks, showers and changing facilities with lockers or cubbies.



**3** **Place visible cues or reminders:**  
Nudge employees, students or volunteers to sneak more physical activity into their days with cues such as signs beside elevators encouraging employees to take the stairs or maps highlighting nearby destinations within walking or wheeling distance.



**4** **Create an environment that permits a more active day:**  
Convert unused areas of your workplace, lecture hall or classroom into exercise spaces and/or places to store exercise equipment, yoga mats, workout clothes and other active gear. Consider providing adjustable standing desks, treadmill desks, under-desk exercise bikes and/or stability balls for your employees, students or volunteers.



**5** **Promote and permit short active breaks and on-the-move meetings,** especially one-on-ones, small group discussions and phone calls, throughout the day. If this isn't possible and meetings or lectures are scheduled for more than an hour, encourage two-minute, mid-meeting or mid-lecture fit breaks.



**6** **Use active icebreaker games or interactive group tasks** during training sessions or lectures that get employees, students or volunteers moving while enhancing group dynamics.



**7** **Nominate a few employees, students or volunteers to be “active champions”** responsible for tasks like leading fit breaks, setting timers during shifts, meetings or lectures that remind other employees, students or volunteers to move, or organizing breaktime walks, workouts or yoga sessions.



**8** **Model the behaviours you want to see reflected by your employees, volunteers or students:**  
Encourage leaders, managers and other educators to join in. When your colleagues, students or volunteers see you prioritizing movement, chances are they'll follow suit.

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