

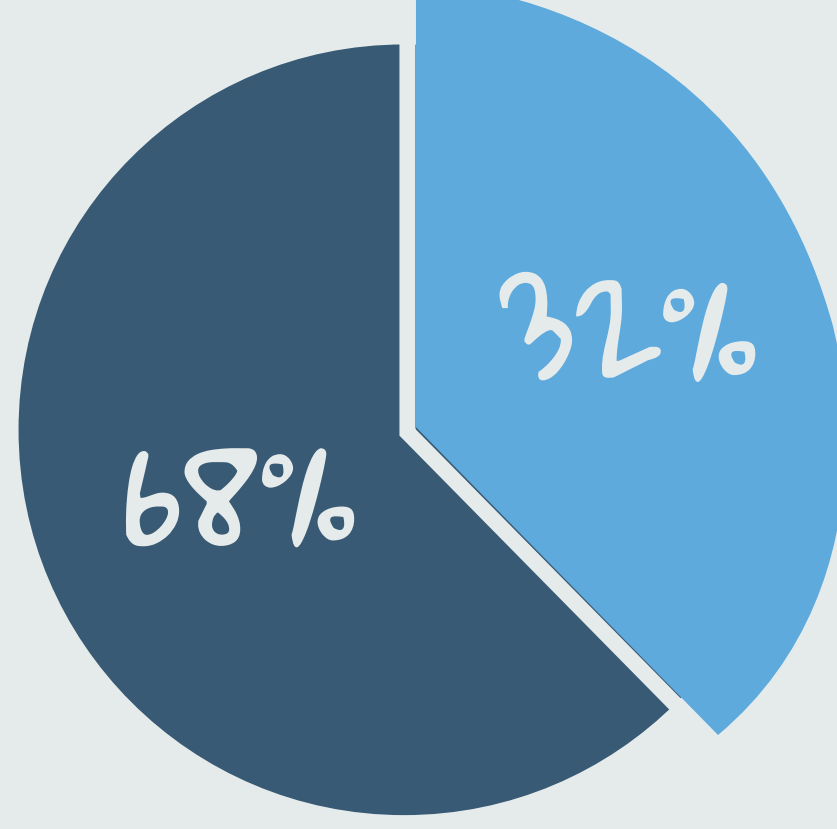
# HEALTH & WELLBEING

## BE ACTIVE CHALLENGE



WHEN WE'RE BUSY AT WORK, IT CAN BE EASY TO PRIORITISE WORKLOAD OVER WELLBEING AND YOU MIGHT FEEL LIKE IT'S DIFFICULT TO MAINTAIN A HEALTHY LIFESTYLE WHEN ON THE JOB.

MOST OF OUR WAKING HOURS ARE SPENT IN THE WORKPLACE SO WHAT WE DO DURING THOSE HOURS HAS A BIG IMPACT ON OUR OVERALL HEALTH.



■ waking hours in work  
■ waking hours out of work

SO LET'S FOCUS ON SOME OF THE DAILY CHOICES YOU CAN MAKE THAT CAN HELP YOUR WORK LIFE BE HAPPIER, HEALTHIER AND MORE PRODUCTIVE.

## BE ACTIVE

PHYSICAL INACTIVITY HAS LONG BEEN LINKED TO A RANGE OF HEALTH CONDITIONS AND EMERGING RESEARCH SHOWS THAT SITTING FOR LONG PERIODS OF TIME DOESN'T JUST LEAD TO A BIGGER WAISTLINE, BUT CAN RESULT IN SOME REALLY SERIOUS ILLNESSES.



BUT FEAR NOT – THE GOOD NEWS IS THAT MOVEMENT THROUGHOUT THE DAY CAN HELP, EVEN IF THE MOVEMENTS ARE MINOR.

TAKE OUR 'BE ACTIVE CHALLENGE' AND START BEING MORE ACTIVE AT WORK:

**CHALLENGE TIME!**

### 1. Take a Walk

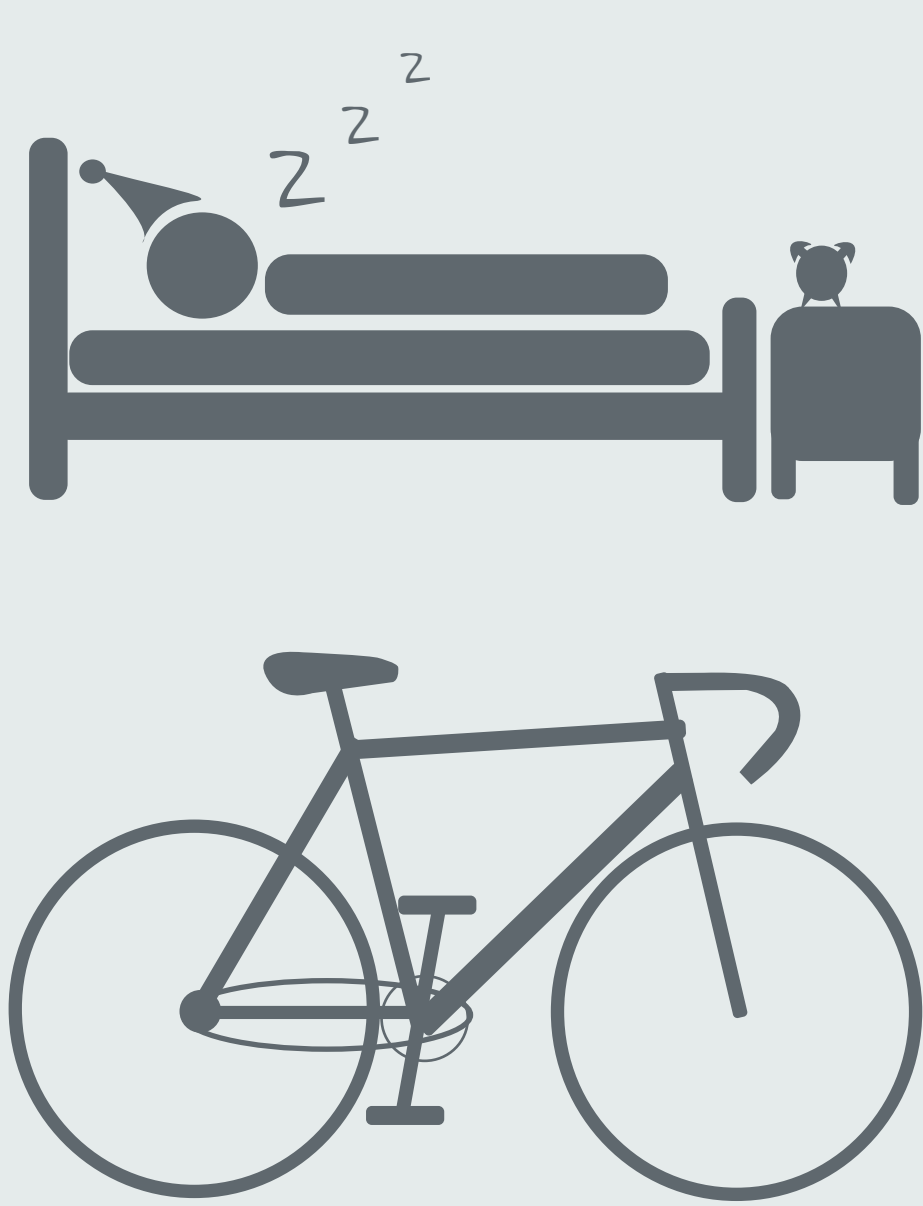


ADDING A SHORT WALK INTO YOUR WORK DAY MEANS YOU GET YOUR BLOOD PUMPING BACK AROUND YOUR BODY, HELPING TO LOSE SOME CALORIES AS WELL AS GIVE YOU THE HEADSPACE TO RETURN TO YOUR DESK READY TO WORK MORE EFFICIENTLY



WALKING CAN BURN JUST AS MUCH ENERGY AS MORE INTENSE ACTIVITIES (100KCAL/420KJ). SO TRY TO BUILD A 20 MINUTE WALK INTO YOUR WORKING DAY.

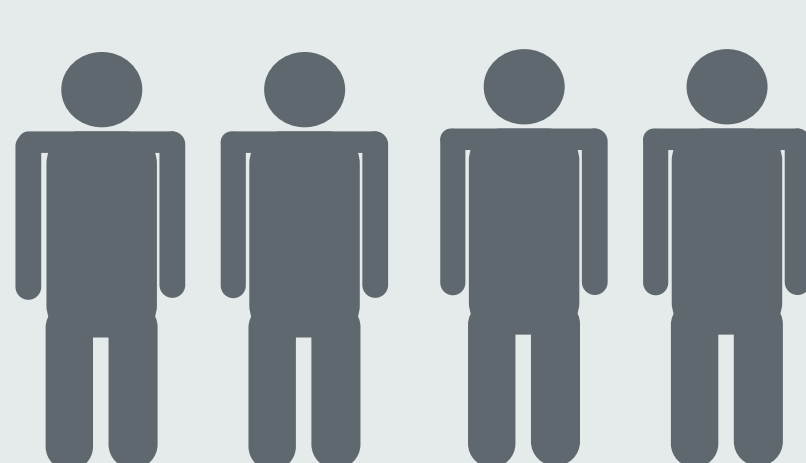
### 2. Start Your Day Right.



SO THIS ONE MIGHT NOT TECHNICALLY TAKE PLACE IN THE WORKPLACE, BUT SIMPLE THINGS LIKE PARKING YOUR CAR FURTHER AWAY FROM WHERE YOU WORK, GETTING OFF THE BUS A COUPLE OF STOPS EARLIER OR EVEN CYCLING TO WORK (IF YOU CAN) GIVES YOU A FANTASTIC, ACTIVE START TO THE DAY WITHOUT TAKING UP TOO MUCH OF YOUR TIME.

### 3. Go See Your Colleagues.

THIS TYPICALLY MEANS YOU SPEND 28% OF YOUR WORKING WEEK READING AND RESPONDING TO EMAILS. SO BREAK FREE FROM THE DREADED E-MAIL CHAIN, GET UP AND GO AND SPEAK TO YOUR COLLEAGUES FACE TO FACE. NOT ONLY IS IT A MUCH MORE POSITIVE WAY TO BUILD RELATIONSHIPS, IT'S A GREAT WAY TO INTERRUPT YOUR SITTING BEHAVIOUR.



## TAKEAWAY

YOU CAN SQUEEZE IN EXTRA ACTIVITY DURING YOUR DAY, YOU JUST NEED TO THINK ABOUT IT DIFFERENTLY. GET ACTIVE AT WORK!