



7 Ideas to Add More Opportunities for Exercise at Work

It's not always easy to sneak physical activity into your workday, and sometimes the idea of adding 30 minutes of structured exercise feels downright impossible. But you can help your employees be more mindful about regular movement throughout the workday with these ideas.

- 1. Start walking programs.** The Centers for Disease Control and Prevention, among other organizations, have a host of tools to get you started.
- 2. Sponsor group fitness classes at work.** Find out our recommendations for making your classes successful.
- 3. Build a space onsite for exercise.** It doesn't have to be a 5,000SF fitness center, but a converted meeting room thoughtfully appointed with commercial-grade exercise equipment may be a huge help for employees who find driving to a club before or after work an impossibility in their tight schedules.
- 4. Add lockers and showers.** Convert existing bathroom space to support bicycle commuters and others who want to exercise to or from the office.
- 5. Install bike lockers.** Serious cyclists will not leave their expensive equipment to chance outside your building. Bike lockers show a commitment to their commuting style.
- 6. Make your stairs the place to be.** More employees will take the stairs over elevators if the stairwells are bright and interesting. Spend money on paint and art, and then promote the heck out of the health benefits.
- 7. Establish a physical activity information center.** Carve out a spot in your break room for all things movement, including area charitable races, educational information, and mileage or minutes logs.

For more ideas like this and suggestions on how to integrate movement into the workday, check out our whitepaper:

Adding Exercise to Your Worksite Wellness Program

To find out more about bringing NIFS staff onsite to manage your fitness center, visit our website wellness.nifs.org or contact Bethany Garrity at 317-274-3432 or by email.

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