

Fun Ideas that will **MOVE YOU** at Work or at Home

Stuck at your desk all day?

Here are a few tips to help your workplace be a little more active!



1 Mid-Meeting Fit Break:

If a meeting is longer than 1 hour, suggest planning a short break to stand up, stretch, and move around.

2 Take the Scenic Route:

Take a few minutes for a walk. Go to the water cooler for a glass of water, bring it back to your desk, then take the long way to the bathroom and back again.

3 Silent Sitting Alarm:

Set a scheduled timer to remind you to stand up and move around for 2 minutes a few times a day. Try an app like Stand Up! or make your own reminders on your computer or phone.

Check out ParticipACTION's Workplace Wellness website for even more ideas!

<https://www.participaction.com/en-ca/peptalk/workplace-wellness?q=var/www/html/www.participaction.com/en-ca/peptalk/workplace-wellness>

APPS to Check Out



Carrot Rewards

Earn points or miles from your favourite loyalty programs, while you take small steps towards a healthier life.



EaTracker

Want to analyze your recipes and keep track of your food and activity? Check out this Dietitians of Canada app.



Insight Timer

Try this guided meditation app to relieve stress and relax when you need it. Start the morning with a practice or schedule in a quick 5 minute meditation throughout the work day!



Stand Up! The Work Break Timer

Use this app to help schedule breaks to stand up during your day.

Exercise at your Desk

<https://sites.ualberta.ca/~active/workplace/trr/tools/stretch-at-desk.html>

<https://greatist.com/fitness/deskercise-33-ways-exercise-work>

<https://www.washingtonpost.com/graphics/health/workout-at-work/>

*Or search the internet for many other options!

Looking for local Mental Health Resources? The H.O.P.E. guide provides information for Wellington North & Minto. Contact Happy Healthy Families to get hard copies for your workplace.

Get inspired to move in the workplace and increase your productivity. Watch Dr. Mike Evans' videos - Increasing Productivity at Work and 23 and 1/2 hours.

<https://www.youtube.com/watch?v=SG7n2QiaMB8>

<https://www.youtube.com/watch?v=aUalnS6HIg0>

Want your workplace to move more and sit less? Check out UPnGO with ParticipACTION. Deskbound workers use a mobile and desktop app to introduce fun, active behaviour into their workday. Personal and group challenges, step tracking and rewards keep everyone motivated!

<https://www.participaction.com/sites/default/files/downloads/UPnGO> -

Want simple activities that everyone can do? Try the 150 activities that define Canada! Sign up and complete activities from ParticipACTION's 150 Playlist to win great prizes like a trip or a vehicle. Order your workplace toolkit to get your workplace active with the playlist during the workday.

<https://www.participaction.com/en-ca/programs/participaction-150-play-list>



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