

# PHYSICAL ACTIVITY AND THE WORKPLACE

Employees who are more active benefit the workplace!

A workplace that supports employees to be more physically active makes good business sense.



- Improved productivity with energized employees
- Reduced health care costs
- Improved recruitment and retention
- Lower injury rates
- Less absenteeism and illness



## The bottom line: Physical Activity is essential to good health and your business success!

Making positive changes and supporting physical activity in the workplace can lead to improved employee health and well-being. This leads to improved employee satisfaction and commitment, and contributes to a more productive workforce.

### JOIN THE **CHALLENGE** THIS OCTOBER

- 1** Set your goals. Ask others to join or make a team.
- 2** Dance, run, swim, walk...
- 3** Track and send us your physical activity one of two ways:
  -  Use the FREE **in motion**<sup>™</sup> Community Challenge App (available at [inmotion4life.ca](http://inmotion4life.ca) or the App Store).
  -  Use the paper tracking tool (available at local locations or for download at [inmotion4life.ca](http://inmotion4life.ca)). See website for pick-up and drop-off locations.
- 4** Submit your form by the **first week of November**.

Visit [www.inmotion4life.ca](http://www.inmotion4life.ca) for more information