

Resources to  
support your  
employees

# Resources to support your employees

We've pulled together a range of downloadable guides, advice and links to workout content for you to share with your teams

## Resources you can share with employees

We've worked with ukactive and the Federation of Small Businesses to produce a range of downloadable resources you can share directly with employees. These provide simple, actionable ideas and guidance on putting them into practice.

Resources to support  
your employees

1. **Supporting mental health at work through physical activity**

Discover how physical activity can support mental health with this guide from Mind and ukactive

2. **How to fit more activity into your working day**

Finding ways to move more during the working day can be a great way to boost your productivity, your fitness and support your mental health

3. **Moving meetings**

Replace a video call with an audio-only call and talk while you walk

4. **Create your own active working plan in three simple steps**

Discover your current habits and barriers and build habits that stick

5. **Reconnect with your team through a physical activity challenge**

Team challenges can be a great way to boost morale and build relationships, as well as improving physical and mental health

6. **Active Travel: A Guide for Employees and Employers**

If you're still travelling to get into work, build some activity into your daily commute and for those working from home, consider a "pretend" commute and take the time to get active



## Tools and activities to help employees get active

**Join the Movement** is our national campaign designed to help us all find ways to get active as we deal with the coronavirus restrictions. Here is a range of resources that can support employees of all abilities and fitness levels:

Resources to support  
your employees

### **Getting started:**

Top tips to help you get started and feeling the physical and mental benefits of being more active.

### **Get active at home:**

Free online content you can try from the comfort of your own home.

### **Get active away from home:**

Simple ways you can combine the outdoors with activity.

**join the  
movement**

### **Find an online class:**

Search for free and paid-for virtual classes for all ability levels using our live activity timetable.

### **Find a fitness challenge:**

If you like to follow a structured routine or find motivation in working towards a goal, try a challenge or workout programme.

## Tools and activities to help employees get active (continued)

Resources to support your employees

### Other resources:

#### Activity finder/Feel inspired

Virtual activities and inspiration targeted at women of all ages, from our This Girl Can campaign.



#### Ways to move

Inspiration and resources to help people with long-term health conditions get active from our We Are Undefeatable campaign.

**WE ARE  
UNDEFEATABLE**

#### This Mum Moves

Guidance and support to help women to be active during and after pregnancy.

