

Resources to
support your
employees

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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.

