

# Boost your productivity with an active 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.

Here are some simple tips to help you stay active through the working day – as an organisation, we encourage and support you to try these ideas to reduce sitting time and build more activity into your working day.



## Start and end your day with activity

Whether you need to commute or not – starting and ending your day with activity will provide a number of benefits – boosting productivity and creating healthy 'boundaries' around your work and home life. It might be a 10 minute walk or an hour workout, everything counts. The choice is personal but the benefits are the same.



## Move regularly throughout the day

Ensure you move around throughout the day – setting an alarm to move for a few minutes each hour is a really good idea. Try holding some of your meetings via telephone rather than video conferencing so you can stand, move around or take a walk during the meeting.

## Schedule it and stick to it

Treat physical activity and movement the same way you would a call with a friend or a work meeting. Put it in your calendar and prioritise your own health and wellbeing as much as you would other things in your day. Creating a regular routine will help to support maintaining healthy mental and physical habits. Remember that it's also ok to skip a day or stop doing something, you can just pick it back up when it feels right for you.



## Supercharge a meeting with an active start

This one might feel strange to start with, but try starting your video or in-person meetings with some activity such as simple stretches. For long meetings also ensure you give people regular breaks and encourage them to move around.



### Energise your day with active breaks

Use bursts of activity to break up your day around different tasks and activities - this can aid focus and boost productivity as well as contributing to your health and wellbeing.



### Be a role model

Lead by example – modelling behaviour that embraces an active day will inspire and enable those around you to do the same.

## Stuck for ideas of what to do to get active?

Whether you want to add activity to the start of your day or in 10 minute bursts between tasks, there are lots of free resources to try on Join the Movement. Check out the hub for workouts and apps to find your inspiration.



[www.sportengland.org/jointhemovement](http://www.sportengland.org/jointhemovement)