

Announcing a new user-friendly website from the Alberta Centre for Active Living

Physical Activity @ Work: Bringing Physical Activity Into the Workday

<http://www.centre4activeliving.ca/workplace/>

"A Better Place to Work"

June 2007, EDMONTON: The new Physical Activity @ Work website helps employers, employees, workplace wellness coordinators and human resources advisors improve their workplace by encouraging physical activity @ work.

Research shows that physical activity is good for business. Active employees can reduce companies' levels of:

- turnover
- absenteeism
- injuries
- disability compensation
- health-care and life insurance costs

Other benefits include:

- improved job satisfaction
- better ability to cope with stress
- improved alertness, reaction time and memory
- greater productivity at work

These easy-to-use sections on the Physical Activity @ Work website will help you make your workplace a better place to work:

- [Step-by-step guide](#) to planning workplace physical activity.
- A personal [Activity Tracker](#) that allows employees to set personal goals and to track their physical activity.
- Yoga @ Your Desk videos (in [English](#) and [French](#)).
- Benefits: The [health and bottom-line benefits](#) of bringing physical activity into the workday.



- [Program ideas](#): Practical ways to make physical activity possible in your workplace.
- [Success stories](#) from a variety of Alberta companies who are "walking the talk" in their workplaces.
- [Safety/risk management](#) issues related to physical activity @ work.

The Alberta Centre for Active Living is affiliated with the Faculty of Physical Education and Recreation at the University of Alberta and supported by the Alberta Sport, Recreation, Parks & Wildlife Foundation and the Alberta Government.