



wesport

INSPIRING ACTIVE LIVES

■ Activate January 2019 – Bite Size

How to activate your working day, making a sustainable change for 2019

Take a look at the options below as ideas to activate your working day. Bite size activity is just 10 minute chunks of physical activity that can easily be done in and around your working day.

Grabbing colleagues to pop outside for a lunchtime walk or a game of table tennis around the boardroom, taking the stairs instead of the lift or even walking to a different toilet – every 10 minutes count!

Take a look at some examples to kick start January:

- **Midday Mile** – is there a loop to walk near your office at lunchtime? Get a team of you together to find some new routes and share with colleagues.
- **Keepy Uppy Challenge** – can you increase the number you can do week on week (one of our team is stuck on 7 in a row...since January 2018...but still hopeful of the magic 10!)
- **Mobile Meetings** – can your call be taken on the move – arrange catch up calls on a mobile if possible and either walk around the building or outside.
- **Leave the Lift** – start by exiting the lift a floor early and taking the stairs, build up to using the stairs every time you venture around the building.
- **Ping o Clock** – designate a time when you convert the board room table into a table tennis space. Play around the world with big groups to include everyone who wants to play! If you work in Bristol, take a look at the Ping Bristol website [HERE](#) and find a table near your office to walk to!
- **Step Up** – set yourselves challenges as teams to walk a number of steps per day and create a challenge board. Most smart phones will track your steps now so pop your phone in your pocket and start marching.
- **Office Stretch Off** – simply breaking up your sedentary routine by doing a few stretches.