



# Staff Wellbeing

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Physical Activity

# Content

Think about you for once..!

- Why be active at work?
- Share ideas / barriers?
- How can we help?
- Agree some next steps



# Quiz on Physical Activity

- How many minutes of activity should an **adult** do per week?

150 mins of moderate

- How many days on average is a teacher off sick?

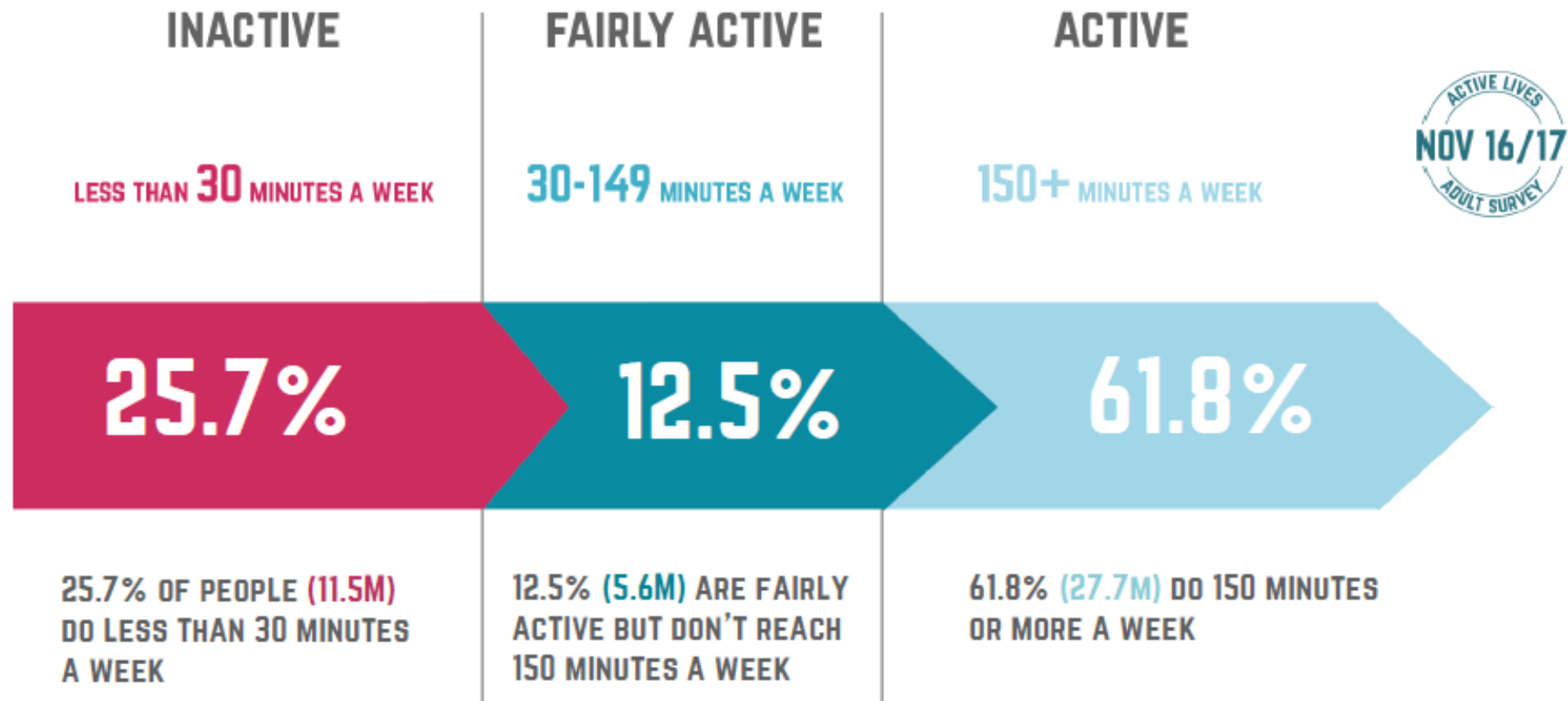
4.1 days

# LEVELS OF ACTIVITY



## HEADLINES

Our data shows that 6 in 10 adults (27.7m) are getting the health benefits from achieving 150+ minutes of activity a week.



# Sedentary Behaviour

- Different to physical inactivity. You can be physically active but have high levels of sedentary.
- Increases with age
- Most sedentary behaviour is at work

Why an issue?

- Prolonged sitting is an independent risk factor for many diseases
- Guidelines are to take a break every 30 mins

# Group Task

- **Benefits** - why is it good to be active in and around the working day?
- **Barriers** - what is stopping us?
- **Ideas** – what can we do that is achievable?

# Benefits to School and for Staff

- Reduced absenteeism / presenteeism
- Valued workforce
- Team spirit
- Green – active travel
- Role models for children
- Improved productivity
- More energy
- Better sleep quality
- Deal with stress better
- Better communication with colleagues
- Happier!

# Barriers

- Time!
- Work pressure, culture
- Come to work to work, not be active!
- No changing facilities
- Don't want children to see me
- No ideas what to do



# Ideas

- Active Travel
- Join in with children: Daily Mile
- Breakfast yoga?
- Wake and Shake
- Walking meetings?
- Challenge event
- Feel Good Friday

Any examples?

# What is a Physical Activity Champion?

- An enthusiastic individual who is keen to make a difference to the physical activity levels within their workplace
- Able to influence others and sell the benefits of being more active
- Disseminate information and be a point of contact
- Create 'Active Working' as the norm in the workplace
- Listen to the views of colleagues and feedback to SLT

# What next?

- What can you do / encourage staff to do at school?
- Links to other areas such as Mental Health

Support:

- Inter-Workplace competitions?
- Training of staff on Physical Activity Promotion?
- Monthly Newsletter – tips and ideas

# Ping o'clock



# Other Video/article links

- Sitting too long
- <https://fitness.mercola.com/sites/fitness/archive/2015/05/08/sitting-too-long.aspx>
- Nudge Theory:  
<http://www.bbc.co.uk/programmes/articles/3H0FIC3Df8vPD7mJtx3szWB/ways-you-are-being-influenced-without-even-realising-it>
- Healthy meetings  
<http://www.euro.who.int/en/health-topics/disease-prevention/physical-activity/publications/2018/planning-healthy-and-sustainable-meetings-2018>
- Nuffield Health [https://www.nuffieldhealth.com/article/20-ways-to-be-more-active-throughout-the-day?utm\\_source=YouTube&utm\\_medium=Social&utm\\_campaign=ArticleContent-Oct-16&utm\\_content=MoveLikeABoss-Video](https://www.nuffieldhealth.com/article/20-ways-to-be-more-active-throughout-the-day?utm_source=YouTube&utm_medium=Social&utm_campaign=ArticleContent-Oct-16&utm_content=MoveLikeABoss-Video)



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INSPIRING ACTIVE LIVES