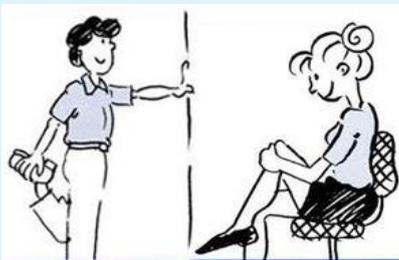




## Guidance for physical activity in workplaces

**Healthy eating and being physically active are essential for good health and wellbeing, and support a healthy, productive workforce.**



### Workplaces can encourage staff to:

1. Use stairs rather than lifts. Ensure they are accessible, well-lit and clean! Stand up to stretch regularly and when taking phone calls
2. Stand during meetings and use standing desks where available
3. Walk to colleagues instead of calling or emailing them where possible
4. Have five minute activity breaks every hour during meetings
5. Complete chair based exercises – ACC work smart tips
6. Avoid scheduling meetings over the lunch period (12–2pm) to enable staff to be active
7. Participate in sports teams, lunchtime walking and jogging groups, and events such as **Walk 2 Work** day and **Bike to Work** day.



### Physical activity at work

There are numerous reasons for being active at work, including better overall health, better self-esteem, more energy and productivity, and better weight management.

Research highlights a link between an active workforce and cost saving outcomes, such as reduced absenteeism, reduced staff turnover, and improved productivity.

During their working day, staff should be encouraged to be as active as possible, and reduce their time being sedentary. Sedentary behaviour, such as sitting at the computer for long periods of time without a break, is associated with many long term conditions such as obesity, type 2 diabetes and heart disease, regardless of whether an individual is physically active or not.

#### Peer pressure can be good!

It is easier to maintain lifestyle changes if your friends and colleagues also participate. Building positive peer pressure into the program is a key to success. Teamwork, competition, rewards, and fun motivates team members to embrace healthy behaviors and maintain them over time.

#### Be open and listen

For some people, becoming physically active is a big change. Applaud that first step and continue to reinforce the decision to be active. Listen to their challenges, brainstorm solutions, offer a pat on the back, and celebrate progress.

### Joke for October

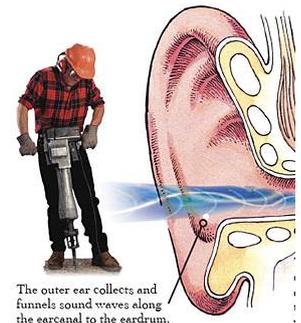


Man tells neighbour: "I just bought a new hearing aid. It cost me \$4000, but its state of the art. It's perfect." "Really?" answers the neighbour. "What kind is it?" "12:30."

## Body Facts

Noise Induced Hearing Loss (NIHL) resulting from workplace noise affects 100,000+ Kiwis.

Good hearing is part of good worker health a workers health can affect their ability to work safely and productively. Hearing loss has health impacts including reduced productivity, feelings of isolation and exclusion, stress and fatigue. Workers with good health are likely to have higher levels of productivity, are more engaged, and are able to keep working for longer, contributing to the success of your business.



Noise-related injuries are most common in the manufacturing and construction sectors, and in male-dominated industries. Around 30% of all workers in New Zealand are exposed to hazardous noise at work at least a quarter of the time. What to do:

1. Set up a hearing protection programme in your workplace to help manage noise related risks and protect the health of your workers.
2. Train staff on how to wear hearing protection effectively.
3. Book us in to monitor your staff's hearing annually.

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