



Physical Activity Program



Physical health is a main driver of wellbeing, and physical activity is an essential component of this good health.

Promoting physical activity in the workplace reaps numerous benefits for individual and organizational wellbeing including:

- Reduces the risk of preventable diseases on an individual level, thus potentially lowering future costs for the employer
- Physical activity builds up personal resilience which can be used as a tool for managing stress.
- Physical activity can help to boost morale, motivation and productivity.
- Exercise can help boost the cognitive function, thus aiding in performance strategies
- Improved sleep quality - leading to a improved productivity at work, and lower incidences of injuries.

This program showcases a number of physical activity initiatives that can be embedded within your workplace health strategy for improved wellbeing, functioning and productivity.

This is a holistic wellbeing program, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.

View the full collection of
[Workouts & Fitness Sessions](#)

Sessions include:

[Tai Chi](#)

[Deskercise](#)

[Hula Hooping](#)

[Back & Shoulder Care Exercises](#)

[Easy Daily Mobility Exercises](#)

[Pilates](#)

[Kickboxing Fitness Class](#)

[Dance Fitness Class](#)

[Laptop Fitness Sessions](#)





WELLBEING STRATEGY

Deliver sessions on a daily / weekly basis for maximum impact and continuous improvement.

Making time for fitness and embedding workouts into daily schedule enables a culture of wellbeing.

Provide these as live sessions, where everyone tunes in and gets fit together. Alternatively, have a collection of pre-recorded fitness classes so employees can take sessions at their discretion.

For warehouses, healthcare workers, food service workers and other shift work, encourage a quick 10-15 minute session before each shift.

This can be a hula hooping session, a quick fitness bootcamp or a stretching sessions.

Have a WORKBLISS Physical Therapist curate a bespoke evidence-based fitness program - targeting the areas of concern within your workforce.

This can help to boost energy and productivity, whilst aiding employee safety strategies.