Ideas to get active in your workplace this Active April

This resource will help you run a successful Premier’s Active April in your workplace

1. Encourage and promote active and sustainable forms of transport, including:
   - Walking
   - Using public transport and getting off several stops earlier
   - Carpooling and parking the car further away
   - Riding a bike*

   **TIPS**
   - Remember to wear comfortable shoes and a hat if you are planning to add more steps to your working day.
   - Google maps shows bike routes – just select “bicycling” for your transport mode in the layers menu. It shows off-road, on road and “cycle friendly” routes.

2. Explore how the campaign can link to your existing health and wellbeing initiatives or partner with local clubs and community facilities to create new opportunities for your workmates to be active.

   **TIPS**
   - Ask your workmates what activities keep them active at work, for example there might be a Monday social soccer match that is promoted by word of mouth.
   - Every participant can access individual offers just by registering to take part in Premier’s Active April, for example, to free passes to participating YMCA or local government facility.

3. Encourage communication between workmates that includes active behaviour. For example,
   - Standing up when talking on the phone
   - Going for a walk over a meal break
   - Talking in person rather than by an email
   - Walking or standing meetings and discussions*

   **TIPS**
   - Consider how many people will be involved in your walking meeting, plan a reasonable distance to walk and a destination that may include shade and seating.
   - Ask your employer to consider standing work stations.

4. Source prizes to keep staff motivated.

   **TIPS**
   - Reward workmates by thinking of ways to recognise workplace teams, such as a golden boot for the most improved team.
   - Celebrate small steps by having your own workplace award categories, such as team with highest average over the month, most enthusiastic and the most creative excuses.
   - Remember, recruit more members to your team promoting Premier’s Active April prizes - the more team members, the more chance we have at winning campaign prizes.

5. Organise a calendar of lunchtime group activities for staff to join in or lead. Or simply provide information about new active opportunities, such as walking groups, recreation opportunities, sporting clubs, fitness centres and gyms*.

   **TIPS**
   - Keep up to date with the Premier’s Active April events calendar (via website) for local events or activities close to your workplace. You can even submit events to be displayed on the website encouraging others to attend.*
   - Check out the Premier’s Active April website for helpful resources to promote opportunities in your workplace. For example, find inspiring images to get your workmates in the spirit or download a poster for the breakroom.

6. Provide staff with health information throughout April, such as:
   - the benefits or different types of activity
   - how to achieve the recommended 30 minutes of activity a day
   - safe physical activity practices at all times to avoid injury*

   **TIPS**
   - Information might be to simply a reminder to “stretch in the morning to increase flexibility and improve circulation”.
   - Find health information at Daily Activity Tip via Premier’s Active April Dashboard or like Premier’s Active April on Facebook, Instagram or Twitter to receive more great tips.
   - Register your workplace team to receive a 30% discount offer from a Nutrition Australia expert to present and conduct a cooking demonstration.

7. Promote your workplace activities via enews, on the intranet, social media, at afternoon staff conversations/toolbox talks or other existing avenues, such as:
   - Recognise the most improved workmate
   - Track your team’s progress – “this week we walked from our workplace to Kakadu”
   - List local events and workplace activities
   - “Workmate in the spotlight” – feature a workmate’s story of how they are staying active in April

   **TIPS**
   - You can promote your team’s activity types, total hours of activity, most active day and types of activity your team is undertaking. View this information on the Premier’s Active April Activity Tracker.
   - See the Premier’s Active April website for logos, images and text to assist you promote the campaign in your workplace.

8. Start a workplace challenge, such as:
   - Pedometer challenge
   - Walking or running teams
   - Stair challenges*

   **TIPS**
   - Some workplaces have a pedometer library for everyone to borrow.
   - You can track your team’s progress by reminding your workmates to use the Activity Tracker via the Premier’s Active April website.
   - Use the Premier’s Active April wall chart to track your workplace team’s steps. Form teams of equal numbers with a team captain. Wear a pedometer everyday in April and aim for 10,000 steps a day.
   - Remember to make sure that workmates easily access stairs.

*Source: Achievement Program, Victorian Government, 2016