



10,000
Steps Australia

Coordinators Resource

9 tips from workplace to walk place

The reality of working in an office is that many of us wake from an 8-hour lie down, only to prepare for an 8-hour sit down. We average just 4,500 to 6,500 steps a day and those stuck behind a desk, just 2,500 steps. Some of us don't have the fitness or energy to instantly become active outside of work and others struggle to find the time.

So how can you empower your employees to start their workplace challenge on the right foot? The team at 10,000 Steps Australia uncovers 9 ways to help find more steps in and around the office. You'll be surprised at how a little creative thinking by your staff and some innovative initiatives from you, can motivate them to step up to the challenge!

1. **Promote 15-minute walking groups.** Choose one day a week when employees bring their lunch to work and walk together to a nearby park for a leafy lunch. It may be Walk-the-walk Wednesday or Fresh-air Friday – a burst of activity in a social setting invigorates workers' minds and bodies.
2. **Encourage employees to walk around the office** and approach their colleagues directly rather than e-mail them from across the room. Not only does this increase step count, it promotes communication in the office.
3. **Give your employees a change of scene.** Hold the weekly staff meeting on another floor of the office and take the stairs. Just 5 minutes of walking equals 500 steps!
4. **Introduce 'energisers' into workshops.** Breaking up long periods of inactivity with a stretch of the legs enhances mood, performance and concentration.
5. **Make walking a lot of fun.** Have team leaders start a 2-minute 'foot frenzy' where their teams quickstep around the office.
6. **Conduct smaller meetings on the go.** Schedule outdoor walking meetings or walk around the building during brainstorming sessions.
7. **Do a loo swap.** Assign each office floor a bathroom on a different floor. The extra distance is great for improving employees' forward-planning!
8. **Give each employee time to 'do their block'.** It may be before work, after 10 phone calls, when they have their morning coffee or once they've sent 15 e-mails. At their designated time, they must set off on a walk around the office building.

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9. **Tie your workplace challenge** in with some occupational health and safety. Coincide a fire drill with your workplace pedometer challenge and see employees' step counts rise with every step down the stairs.

You may like to add your own initiatives, particularly suited to your office layout and practices. It is all a step in the right direction, and will have them putting their best foot forward!

About

10,000 Steps Australia is a pedometer workplace challenge that is uniquely on demand and customizable. Our walking experts have combined intelligent design with up-to-the-minute technology to create an interactive step challenge that inspires employees to be active, and provides coordinators with a turnkey solution to running a successful corporate wellness program. If your organisation is interested in taking up the challenge, contact us for a [live demo](#).

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