

4 ways that your company can make a pledge!



1 Walking Meetings

Organise a meeting once a week/month to take place out of the office in a nearby park or a walk around the block.



2 Active Lunch Breaks

During your lunch break. Go for a walk outside or if you really want to challenge yourself go for a short run!



3 Phone Calls

Take phone calls standing up and walking around your office. Research shows this increases productivity



4 Team Challenges

Treat it like a competition. Set up weekly step/mile challenges for staff and include rewards for winners.



We are making the pledge
to get our workplace
more active



We're making the pledge to get our workplace more active by:

