

# 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:

