

**EVERY MOVE
COUNTS**



**GET YOUR
WORKPLACE
ACTIVE**

A GUIDE TO PROMOTING PHYSICAL ACTIVITY AT WORK

GET ACTIVE ON YOUR WAY



**Active Travel is a practical way to
add movement to your day.**

Cycling to work, a brisk walk from a
bus stop or walking to a work meeting.



It all adds up!

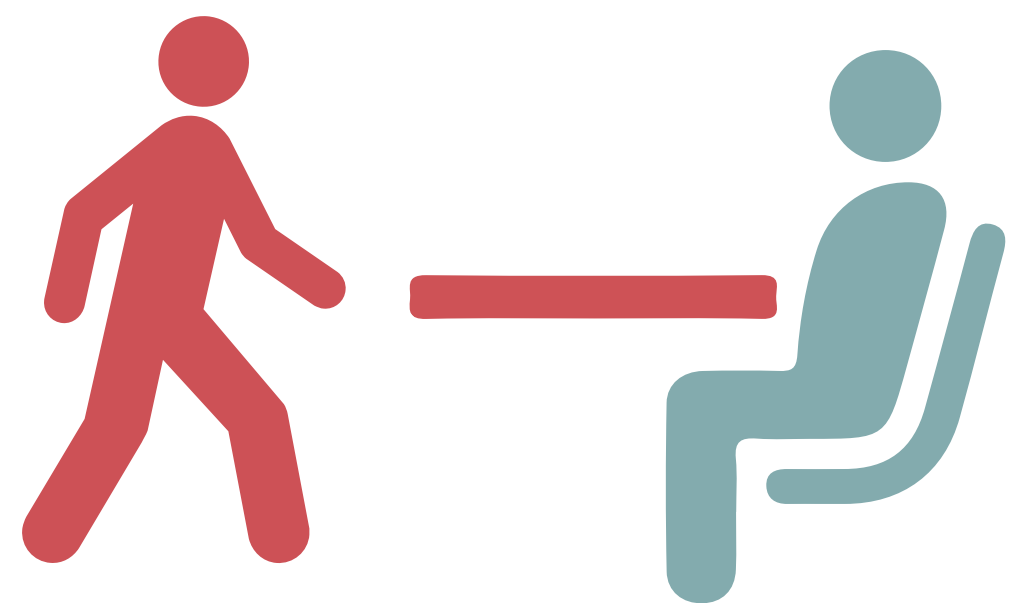
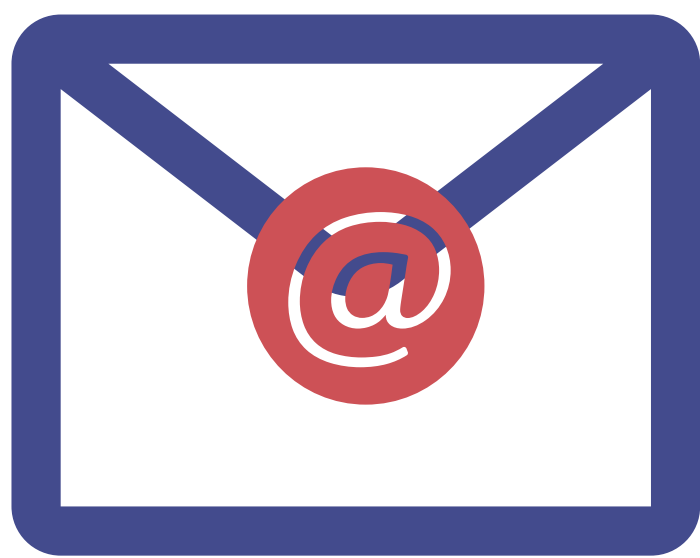
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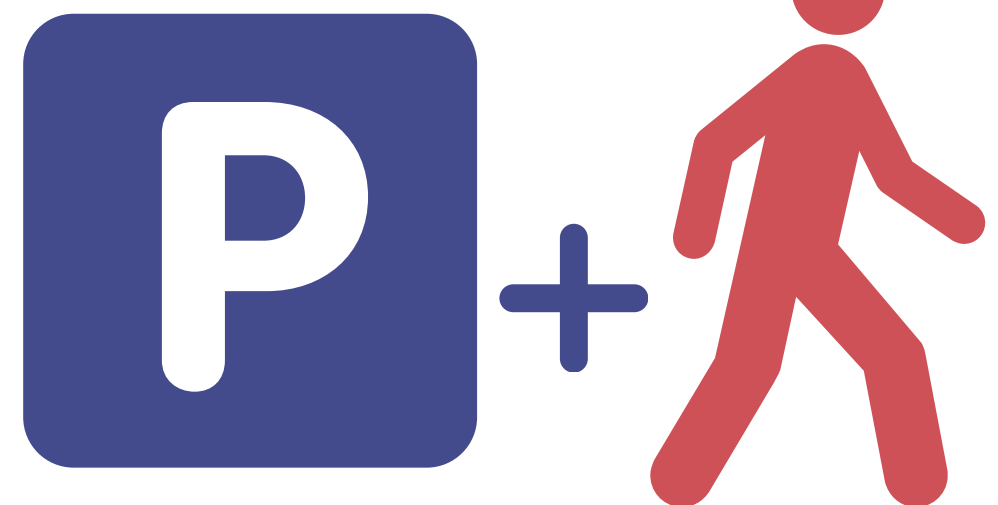
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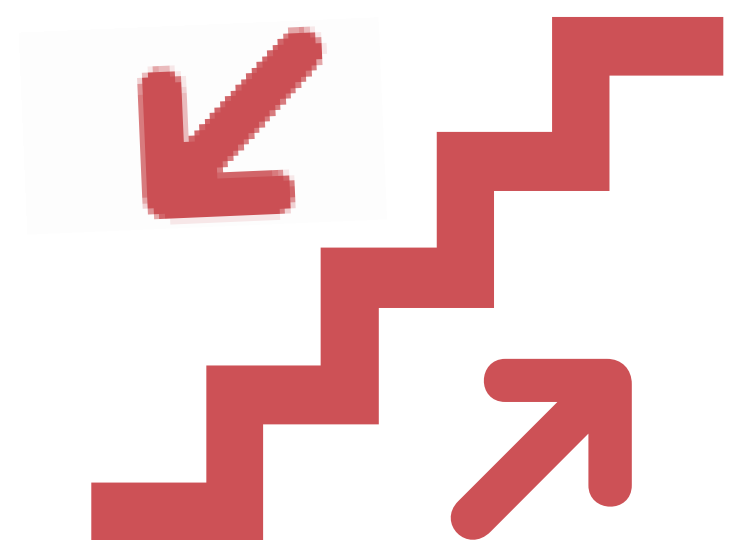
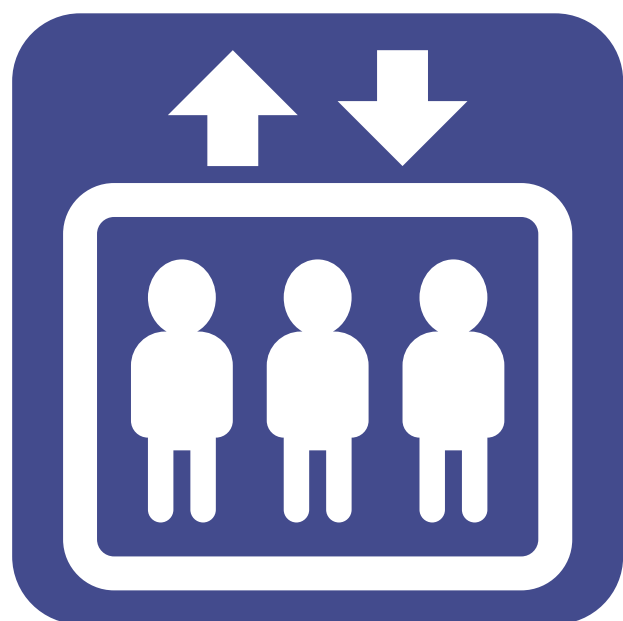
SWAP @ WORK



Walk to a colleague instead of email



Park further from work to get extra steps in!



Don't cheat use your feet!



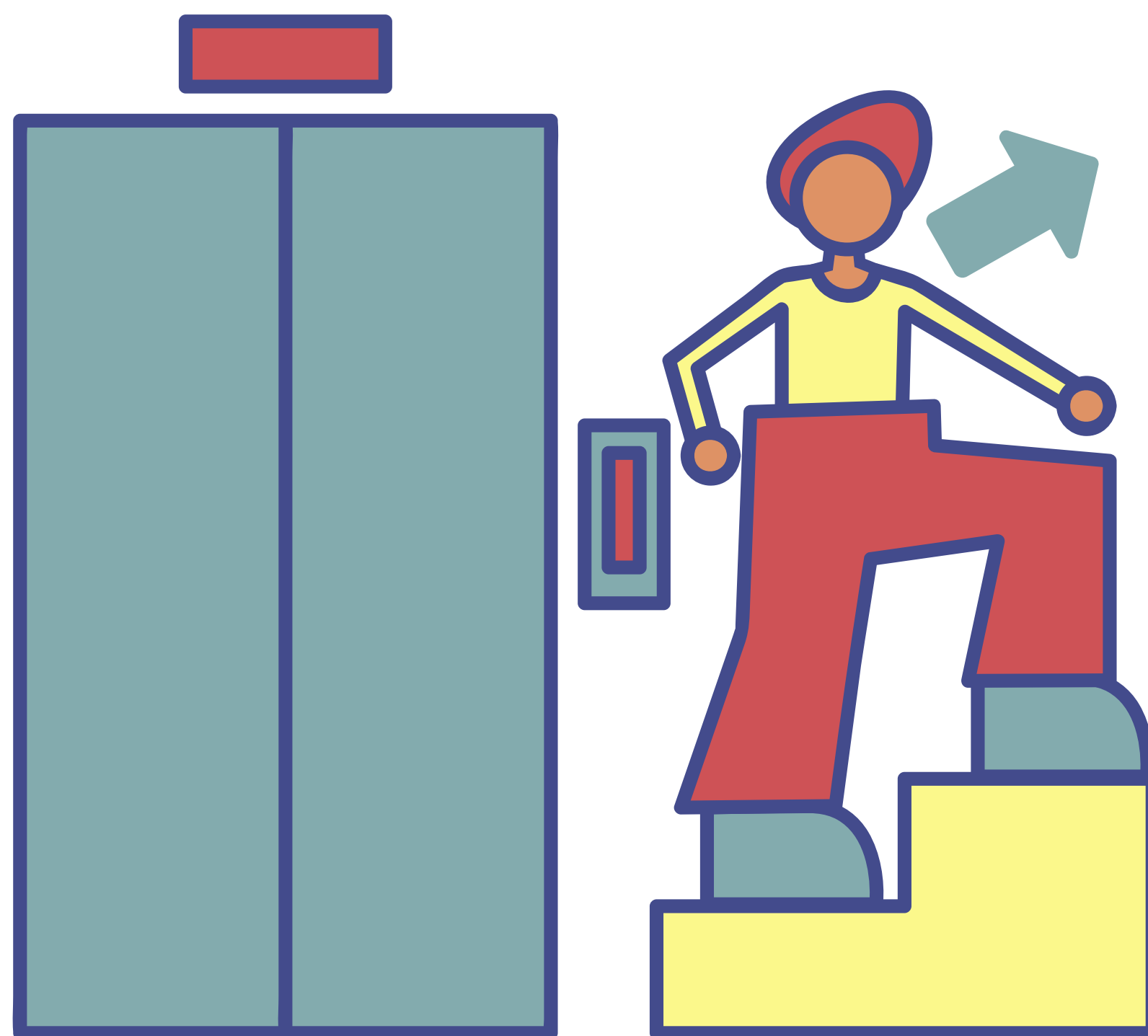
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PUSH YOURSELF NOT THE BUTTON



DEVELOPED BY HEALTH PROMOTION & IMPROVEMENT DEPARTMENT AS A SUPPORT TO
THEIR GET YOUR WORKPLACE ACTIVE RESOURCE

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FREE EXERCISE MACHINE



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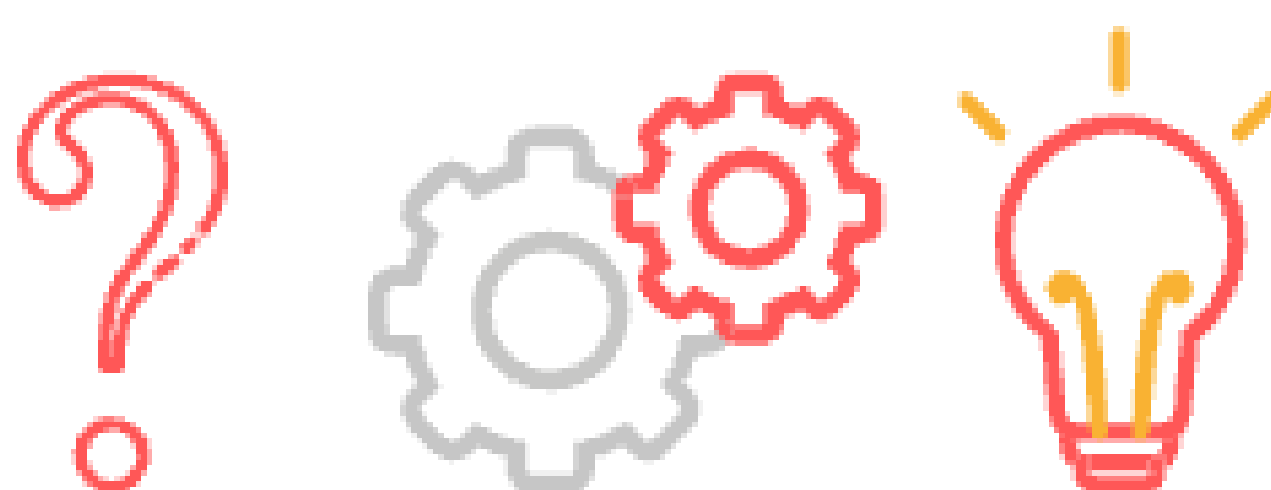


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**SOMETIMES ALL
YOU NEED IS A
BOUT OF FRESH
AIR**



**TRY A
WALKING
MEETING**



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