

HEALTHY WORKPLACES DERBYSHIRE

Supporting your workplace to promote a healthier and happier workforce



NetWalking – moving more, whilst you work

The benefits of taking a walk during your working day

Physical activity is good for the body and mind. Being active releases chemicals in your brain that make you feel good - boosting your self-esteem, mood, concentration, energy levels and sleep quality.

Walking is a great way to be active, it's free, convenient and has an immediate and positive effect! Taking a break from the daily work routine is shown to have multiple benefits including:

- ♥ Reduced tension, stress and mental fatigue
- ♥ A natural energy boost
- ♥ A sense of achievement
- ♥ More focus and motivation
- ♥ Feeling less angry and frustrated
- ♥ A healthy appetite
- ♥ Having fun

That's why we'd like to introduce you to **NetWalking** - it brings more movement into your working day, it offers face to face, side by side contact in a safe, creative open space, and can include walking meetings, informal one to one's, team meetings or simply having time out with work colleagues.

You don't have to walk for hours - a brisk 10 minute daily walk for example, has many health benefits and counts towards your 150 minutes of weekly exercise. If you're not very active but are able to walk, increase your walking distance gradually.

Seeking and giving permission

Sometimes it can be difficult to take a break from work – whether you're an employer or employee, the pressure of work, meeting deadlines, feeling you can't take a break when colleagues around you are working through can lead to low activity during the working day. The following points might be useful to help when discussing the benefits and encouraging your workplace/colleagues to take part:

- ♥ It's medically proven that people who do regular activity have a lower risk of developing chronic diseases, stroke, type 2 diabetes, depression and dementia.
- ♥ A healthy workplace environment can benefit both the organisation and its employees. Evidence shows that where workplaces invest in health and wellbeing, employees feel valued, productivity increases, sickness absence is reduced, and retention improves.

Go on – take a break, take a NetWalk!

Reference

<https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/physical-activity-and-mental-health>

<https://www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/walking-for-health/>

<https://www.gov.uk/government/publications/physical-activity-guidelines-adults-and-older-adults>



Physical activity for adults and older adults

Benefits health	Reduces your chance of	Type II Diabetes	-40%
Improves sleep		Cardiovascular disease	-35%
Maintains healthy weight		Falls, depression etc.	-30%
Manages stress		Joint and back pain	-25%
Improves quality of life		Cancers (colon and breast)	-20%
Some is good, more is better		Make a start today: it's never too late	Every minute counts

Be active

at least **150** minutes moderate intensity per week
increased breathing able to talk

OR

at least **75** minutes vigorous intensity per week
breathing fast difficulty talking

or a combination of both

Build strength
to keep muscles, bones and joints strong

on at least **2** days a week

Swim, Brisk walk, Cycle, Gym, Yoga, Carry heavy bags, Stairs, Sport, Run

Minimise sedentary time

Break up periods of inactivity



Improve balance

For older adults, to reduce the chance of frailty and falls
Improve balance
2 days a week

