MOVE MORE SIT LESS
TIPS FOR WORKPLACES

- ☐ Give permission and encourage staff to stand or move during meetings and conferences, lead by example!

- ☐ When taking a phone call – stand up or walk around if you can.

- ☐ Include options on your IT system to remind people to stand.

- ☐ Encourage staff to bring in active footwear and clothing, provide lockers or storage.

- ☐ Desk Less – rather than email an internal staff member, walk over and have a chat.

- ☐ Create a moving environment in the office with workstations walking distance from toilets, printers and the kitchen.

- ☐ Remove chairs from your waiting room – offer people other creative options to move about in this space like hula hoops or stretches.

- ☐ Include standing desks as options to be shared amongst staff.

- ☐ Use internal stairs to move between offices. Ensure the stairs are well lit and accessible for all staff.

- ☐ Encourage active transport. Put in some bike racks, change facilities and showers if possible.

- ☐ Post local walking routes including incremental walking distances around the office – ask your staff to rate the walks and create their own. Use the local walking routes as walking meetings.

- ☐ Organise a walking or standing meeting. Introduce your clients to the idea of walking meetings by having a walking meeting near their office.

- ☐ Recognise Movement Champions in the office – people generally interested in getting more people active. Get them to set up walking groups and lunchtime exercise sessions for people to join in.

- ☐ Make your office a fun place to move and play – challenge staff to come up with safe, fun activities e.g. set up some hula hoops, hopscotch on the carpet, waste paper basket hoops challenges.

- ☐ Remove the chairs from common rooms, stack them elsewhere so staff will have to physically get them if they want to sit. Make it easier to move more than sit more!

- ☐ Sign up and pledge to be a Move More Sit Less office. Ask your Executive manager to sign this so that the staff know that everyone from the top down is committed to changing your workplace culture.