

## 5 Ways to Keep the Team Active at the Office

Written by: Trent Johnson | August 24, 2017



When the team works from their desks on a daily basis it can make it difficult for everyone to stay active. **86 percent of American workers sit at their desks all day.** Factor in sitting on the couch after work watching television, reading, playing games or surfing the Internet, and you spend approximately 13 hours a day sitting down.<sup>1</sup> As a manager, it is your job to care about the well-being of your employees so they are always happy and producing quality work. These five tips will help you keep the staff active at the office.

### **Let the Team Take Breaks**

Getting the most out of the staff is the overarching goal of what it means to be a manager. One way to do this is by letting everyone take breaks when they need them. A new study in the journal *Cognition* overturns a decades-old theory about the nature of attention and demonstrates that even brief diversions from a task can dramatically improve one's ability to focus on that task for prolonged periods.<sup>2</sup> Allowing these breaks on an hourly basis will

increase productivity and get everyone moving.

### **Invest in Stand-Up Desks**

Working in an office typically requires you to sit in front of your computer to complete work. However, by providing an option to stand up and still complete work comfortably will promote a more active work environment. Companies like *VeriDesk* provide wonderful options for standup desks to help employees stay active.

### **Engage in an Active Group Activity**

Getting out of the office and participating in group activities can go a long way with your employees. It gives you an opportunity to team build and promote an active lifestyle at the same time. Remember you are not training for a marathon so plan an activity that is fun for everyone on the staff.

### **Provide Staff a Wellness Infographic**

By providing material like a wellness infographic, you can promote a more active workspace. Include easy directions for stretches and exercises that will get the blood flowing. Display statistics on the benefits of staying active at your desk with easy to read graphics and charts. Make sure to switch up the content each year to prevent it from becoming stagnant.

### **Don't Force Anything, Provide Options**

The most important thing to remember when addressing activity levels in the workplace is to not force anything upon a staff member. Wellness is a choice so it is important to be respectful of team members and not act as if you are their personal trainer. By providing options, staff members will not feel pressured to participate while still promoting active lifestyles as a whole.

#### References

1. <https://money.usnews.com/money/blogs/outside-voices-careers/2013/08/22/are-you-suffering-from-sitting-disease>
  2. <https://www.sciencedaily.com/releases/2011/02/110208131529.htm>
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## About the Author



### **Trent Johnson**

Trent joined the ICPM staff in May 2016 after earning a Bachelor of Science in Corporate Communication & Integrated Advertising from James Madison University. Trent is responsible for developing and implementing ICPM's marketing strategy to foster brand awareness and increase sales.

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