

Ways to move at work

Mental
Health
UK

Being physically active is great for our bodies and our minds. Exercise has been proven to reduce anxiety and depression, and it can help us to prevent physical illnesses.

Despite the evidence, we know there are barriers preventing us getting active, like accessibility, time, money, body image, lack of open space, or the negative connotations we might associate with 'exercise' itself. That's why we're encouraging you to 'move your way' by choosing an activity that suits you.

There are so many ways we can incorporate movement into our daily lives, even in the workplace.



Why not...

- Walk or cycle to work instead of taking the car
- Make your next meeting a walking meeting to promote getting out and moving
- Get outside and active on your lunchbreak
- Start an after work or lunchtime social sports group
- If you work from a desk, try using a standing desk if possible
- Incorporate multiple stretching breaks into your day.

These are only a handful of suggestions, but the possibilities are endless when it comes to finding a movement that works for you. Chat to your line manager or relevant team about unique ways you can get people moving in your workplace. Found a creative movement? Post it on social media and tag us!



Want to learn more about the benefits of movement for your mental health? Scan the QR code or head to mentalhealth-uk.org/movement