

Physical Activity for Good Mental Health



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We wanted to support both employers and employees understand the importance of physical activity during this period of remote working.

A nationwide focus on taking daily exercise paired with concerns about people's mental health has brought the connect between the two ever greater.

Physical activity programmes at work have been found to reduce absenteeism by up to 20% and we know the main 2 reasons for time off work are musculo-skeletal issues and stress – both of which being physically active can support.

-62% of adults think it is more important to be active during the outbreak compared to other times.
-69% of adults agree that exercise is helping them manage their physical health.
-65% agree it is helping them manage their mental health.

Sport England Insight Briefing,
3rd-6th April 2020



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We decided to offer a free webinar for all employees; 'Physical Activity for Good Mental Health', exploring why being physically active throughout our working day is important and how it can positively impact our mental wellbeing. We explore the issue of stress, the impact of sedentary behaviour and the importance of the 5 Ways to Wellbeing.

Over the past 3 months, we have run 2 open and 3 closed webinars and were invited to be part of a Business West panel on Mental Health in the Workplace.

We saw over 250 attendees from 88 different organisations, including employees from Local Authorities, the NHS, housing associations and the financial sector.

"I would recommend this for staff who may be unaware of the importance of physical activity for all round well-being."

"It was a wake up call, that despite still not being able to really go out, to proactively put some exercise into my daily planner."



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