

How to make your office a little healthier...

Tips to improve your office environment



Stand Up!

Encourage active breaks, desk stretches, use of standing desks, and standing or moving in meetings.

Have a chat about food

Encourage a conversation around how often people want food – the research suggests this will probably be less than you think.



Move more

Consider walking meetings, active lunchbreaks and promote opportunities to be active in and out of work time.

Out of sight, out of mind

Keep kitchen surfaces and office spaces clear of unhealthy food, biscuits etc. Make healthy alternatives more prominent and accessible.



Active Travel

Encourage walking and cycling to and from work and meetings. Consider investing in some pool work bikes for staff to use. Do you provide a space for staff to leave wet weather gear or get changed?

Alternative options

Instead of sweet foods, offer something healthier (e.g. savoury foods, fruit, nuts, or vegetables and dips). For meetings provide fruit rather than biscuits.



Flexible working time

Offer staff flexible working hours within your organization's policies to support being active, especially in the darker months of winter.

"Cake day"

This could be once a month (e.g. the last Friday of every month). Birthdays and special occasions are celebrated on the next cake day.



Lead by example

Foster a positive workplace culture for physical activity by leading by example and practicing these tips.

Bite size

Keep portion sizes to "bite size". If cooking at home make just enough so each person has a portion.

