VICHEALTH WORKPLACE HEALTH PROMOTION
FORUM 23 MARCH 2016

move more sit less

an initiative of BLUEARTH
PLEASE FEEL FREE TO

sit

STAND

walk

stretch
BUST A GOOD MOVE AT WORK!

GOOD
30 mins of physical activity a day.

BEFTER
- Standing up after long periods of sitting.
- 30 mins of physical activity a day.

BEST!
- Moving regularly during the day.
  (walking meetings, standing, stretching)
- Standing up after long periods of sitting.
- 30 mins of physical activity a day.
WHAT DO THESE PEOPLE HAVE IN COMMON

LEONARDO DA VINCI

WINSTON CHURCHILL

CHARLES DICKENS

NAPOLEON BONAPARTE

THOMAS JEFFERSON

ERNEST HEMINGWAY

VIRGINIA WOOLF

OSCAR HAMMERSTEIN
DEVELOPING STRATEGIES

Focus groups with survey respondents

Key characteristics:
• informative, use to convince others
• fun
• focussed on cultural change
• small steps, achievable
• addresses the myths

“SORRY TO INTERRUPT BUT NOTICED YOU SKIPPED A MOVEMENT BREAK.”
BUILDING AWARENESS

COMMON MYTHS

2 out of 3 of people sit for longer than they thought each day
Two thirds of people think 30 minutes of exercise a day is enough to keep you healthy even if you sit for long periods throughout your day.
Have you got a MMSL culture at your workplace?

Do senior management lead by example?

Is sedentary behaviour a standing item on your WHS committee?

Do all meetings start with an invitation to stand?

Are staff encouraged to wear clothes/footwear that supports active living?

www.movemoresitless.org.au
The PLEDGE – getting support from the top
KEEPING THE CONTENT FRESH
JOIN THE MOVEMENT!

www.movemoresitless.org.au
Thank you, please stand and give yourselves a standing ovation – you just “nudged” your body to better health.

One more step for man, one giant move for mankind!
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