

Physical Activity Tips for Adults



BENEFITS

October is [Healthy Workplace Month](#) in Canada. The goal is to increase awareness of a comprehensive approach to workplace health that involves three elements of a healthy workplace:

- Health and lifestyle practices
- Workplace culture and a supportive environment
- Physical environment and occupational health and safety.

HOW TO USE THE TOOL

Week two of Healthy Workplace Month focuses on healthy bodies, including physical fitness. Physical activity not only improves our bodies but also helps maintain and improve wellbeing in a number of ways, such as by protecting us from depression and improving our moods.

Encourage workers to embrace the physical and mental health benefits of exercise by posting these physical activity tips for adults in the workplace and distributing them to workers. The tips are intended for adults age 18-64 who don't have a suspected or diagnosed medical condition.

OTHER RESOURCES:

[Public Health Agency of Canada](#)

[Healthy Workplace Month](#)