

Walk@Work programme -- A seminar by Nick Gilson
Wednesday 29 June at 12.45 pm
NI Chest, Heart and Stroke Association offices, Belfast

The Health and Social Wellbeing Improvement Division of the Public Health Agency (PHA), in collaboration with the Physical Activity and Health Research Group at the University of Ulster, is delighted to host a seminar by Dr Nick Gilson of the University of Queensland, Australia. We are pleased to invite you to hear from Dr Gilson on the 'Walk@Work' programme. The University of Ulster is a partner in an international research project with the University of Queensland to encourage people to walk at work.

Walk@Work programme

This is a group-based, behavioural change modification programme aimed at the specific needs of employees engaged in sedentary occupations. The programme targets physical activity within the workplace and asks participants to reduce their time spent sitting through 'ramping' or progressively increasing their baseline walking to a recognized health criterion of 10,000 steps per workday over a 10-week period.

The seminar will be of interest to colleagues within the PHA and trusts, councils, academia and a wide range of workplaces – particularly those staff who are interested in workplace health, physical activity, obesity and mental health.

The seminar will take place on Wednesday 29 June from 12.45 pm–1.45 pm in NI Chest, Heart and Stroke Association offices, 21 Dublin Road, Belfast, BT2 7HB. Lunch will be available from 12.15 pm.

We are keen that this project is shared widely and that we open dialogue to identify workplaces where the University of Ulster could run similar research programmes in the future.

Places are limited. Please reply to caroline.ogilvie@hscni.net to register your attendance or call 028 7186 0086 by Friday 24 June 2011.

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