



# Promoting physical activity at work: a guide for employers

This booklet is one in a series of short guides aimed at promoting health in the workplace. It outlines to employers the benefits of promoting physical activity at work, how workplaces can be active places through simple activities and changes, what information and facilities can benefit employees,

Published

31 January 2014

Last reviewed

26 March 2014

## Details

Format

8 page A5 booklet

Target group

Participating businesses, those working in the field of workplace health, and organisations interested in developing their own workplace health programmes.

## Downloads

Attachment	Size
<a href="#">Promoting Phys Act At Work LR 01 14 0.pdf</a>	244.34 KB

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