

Middlesex-London Health Unit Physical Activity in the Workplace @ Work Kit

This **Physical Activity in the Workplace @Work Kit** is designed to **promote** physical activity in your workplace and is available for your use.

The **Kit** includes:

- The Creating Physical Activity in the Workplace Booklet
- Display board and 7 panels:
 1. Centre panel: Creating Physical Activity in the Workplace
 2. Being Physically Active has so many benefits
 3. Tips to keep you active during your work day
 4. Canadian Physical Activity Guidelines for Adults
 5. Canadian Physical Activity Guidelines for Older Adults
 6. Middlesex-London *in motion*TM
 7. Middlesex-London *in motion*TM Physical Activity and the Workplace

To borrow the kit or get more information, please contact the Middlesex-London Health Unit at 519-663-5317 ext. 2220 or email joanne.quigley@mlhu.on.ca.

