

RECOMMENDATIONS FOR PHYSICAL ACTIVITY PROMOTION AT WORK

LEVEL 3

Physical activity is in the strategy

- Brings benefits to the entire organisation

Prerequisites:

- The quality of management is a high priority

LEVEL 2

Physical activity is part of the working day

- Improves personnel's work ability, health, and well-being

Prerequisites:

- Staff involvement
- Physical activity according to the nature of the work
- Drawing up the plan

LEVEL 1

Physical activity is part of employee benefits

- Provides staff with opportunities to be more physically active

Prerequisites:

- Financial support
- Facilities and equipment
- Communication