

WORKPLACE HEALTH

A BULLETIN FOR EMPLOYERS TO SUPPORT WORKPLACE HEALTH AND WELLBEING

OPEN THE DOOR TO A MORE ACTIVE WORKFORCE



With longer days and shorter nights support your employees to make the most of getting out and getting active to improve your physical health and mental wellbeing.

Regular physical exercise of 45 minutes 3 to 5 times a week can improve mental health.

Employees who are physically active take 27% fewer sick days than inactive employees (British Heart Foundation 2016). Being physically active is a protective factor for many physical and mental health conditions.

Mental Health Awareness Week is an ideal time for us all to think about mental health. Click [here](#) to find campaign resources for workplaces.



As an employer you have a great opportunity to support your employees in a variety of activities that include:

- Promoting active travel across [Milton Keynes](#), [Bedford Borough](#) and [Central Bedfordshire](#)
- Reducing sedentary working by encouraging active breaks and providing adjustable standing desks
- Promoting healthy lifestyles by offering healthy food choices, running health campaigns and competitions, embedding a positive health and wellbeing culture.

If you need help to improve the health and wellbeing of your workforce in Bedford, Central Bedfordshire and Milton Keynes please visit the [Healthy Workplace webpages](#). You will find a range of [resources](#) the FREE [Workplace Health and Wellbeing Service Offer](#) and information about the [Healthy Workplace Standards](#).

You will find a range of FREE training opportunities on the Workplace training and webinars webpage [click here](#), including the following:-

- Morelife are a Public Health commissioned weight management service. They are offering a stakeholder webinar on Tuesday 25th April 12:00-12:30, which will be of interest to employers managers and HR/wellbeing leads. The webinar will include information about their digital programme. You can sign up to this webinar using this link: <https://www.eventbrite.co.uk/609222349447> You will be able to access the zoom details via Eventbrite on the day.

Don't forget - You are invited to a FREE breakfast Workplace Health and Wellbeing event at The Ridgeway Centre Milton Keynes 23rd May 2023, to meet a range of health and wellbeing provider services, hear presentations focusing on inclusive employment and be part of the Healthy Workplace Awards.

To book, please [click here](#)



Public Health:
Working together to improve the health and wellbeing of our communities