

Getting active

Objective

Encourage staff to improve their health and well-being through physical activity, and identify ways to be active during the work day.

Share: This meeting's short safety item is a video related to well-being.

Share the video "23 ½ hours" available from YouTube:

www.youtube.com/watch?v=aUalnS6HIGo

Ask: What are your thoughts after watching the video? What does this video mean for you?

What supports physical activity either at work or at home? What makes physical activity harder? What can the school district do to help you build more physical activity into your day?

List: Actions to take as a result of staff input and discussion.

Ask: Any safety concerns or suggestions?

