

Email Template

Subject Line: New! Active at Work Toolkit

Did you know that over half of adults in Newfoundland and Labrador **are not** getting enough physical activity? Only 49% get at least 150 minutes of moderate-to-vigorous physical activity per week and **88%** of adults in Canada are **sedentary** for **eight or more hours per day**.

Together, with [ParticipACTION](#), the Department of Tourism, Culture, Arts and Recreation have created an **Active at Work Toolkit** which includes information and resources to encourage staff to take active breaks (together) during the workday.

When employees are encouraged to get active during the workday, they can benefit from [improved brain function, quality of life, sleep, and physical and mental health](#). These all directly impact organizational health because they can result in increased productivity, more meaningful employee interactions, lower injury rates, reduced absenteeism and decreased health-care costs.

You can access the **Active at Work Toolkit** [here](#).

Let's get active together!