

### Integrating sports into your workplace



- 1 Let's talk about how integrating sports into your workplace can improve the mental health of your teams. Two-thirds of adults consider work to be the main cause of stress in their lives. Stress has two sides: while occasional levels of stress can push you to new levels of performance, an overload of stress does the opposite and is 27 to your health. When stress affects the brain, the rest of the body feels the pain. The good news is that sport can help: physical activity has a positive impact on the brain and reduces stress.
- 2 Exercise has been shown to reduce overall levels of tension, improve and stabilize mood, and improve sleep and self-esteem. That does not only include sports, but simple exercise routines like taking the stairs, yoga or a quick stroll through nature provide mental breaks from what creates stress. The advantages of taking breaks are many. Breaks work best if you stimulate the opposite of what you do all day. That means if you are sitting long hours, take a break to walk. Or if you're thinking the whole day, spend your break meditating. Short breaks during the workday can actually boost your attention span and help you perform better.
- 3 Stress and burnout are lower among workers engaged in all types of workplace flexibility arrangements. Some examples include flexible working time, remote work, activity-based working, part-time work, job-sharing, extended leave and many more. All of them improve our ability to engage in physical activity. Imagine you can choose when you are active, when you would like to take a quick walk or work out, instead of having to fit your health routines around strict working hours.

- 4 That physical movement is important is not in question – the ability to exercise freely is. Everyone’s energy peaks and falls at different times. That’s why it’s crucial to make it possible for employees to choose when and how they work best and when is their best time to be physically active or recover. Employees with more access to workplace flexibility reported fewer mental health problems. They sleep better, report making better lifestyle choices and experience less stress.
- 5 Each employee is responsible to build healthy life habits, but companies should support their employees in that, to move more by building an active workplace. To create natural movement throughout the day, your workplace should accommodate spontaneity and flexibility. That can reach from swapping the elevator for stairs, to encouraging your employees to take lunch runs or walking meetings.
- 6 Working on our new workplace concept, we fought for the massive staircase which is now the heart piece of our building. It might sound simple, but if you look at the science behind it, you’ll be surprised how crucial it is to ramp up on easily accessible movement opportunities like stairs. We continuously dedicate ourselves to both, building naturally active workplaces and sporting fields. Buildings are generally farther apart, staircases at the center, walkways are wide, and employees can grab a bike to move between meetings. Lockers and showers in office buildings allow people to run or cycle to work. Our sports facilities include fields for soccer, tennis, yoga, volleyball, climbing, and many more. Additionally we are surrounded by nature which gives perfect access to woods, fields and trails for any outdoor exercise.

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