# Physical activity during normal working hours

The introduction of one hour’s physical activity per week during normal working hours is one of the activities to promote good health at the workplace.

One hour’s physical activity per week during working hours can be introduced once the following criteria have been met:

A health-promoting workplace is characterised by the fact that:

* All employees and managers are aware of which factors contribute to a workplace that promotes good health.
* The approach is salutogenic and development-friendly, with a focus on good health.
* Knowledge of the salutogenic approach is applied in operational development.
* Value-related issues and lifestyle (alcohol, physical activity, diet and tobacco) are covered.

The following qualifications must be satisfied to be able to start with one hour’s physical activity per week during normal working hours:

* The unit develops a workplace that promotes good health in accordance with the County Council’s method or equivalent.
* The organisation’s needs and conditions form the basis of the kinds of activities that are carried out.
* Activities are scheduled for the most appropriate times for the organisation. The manager is ultimately responsible for deciding on a suitable time.
* The activities are based on the needs identified at Landstingshälsan’s health screening at individual and group level.
* The activities are developed in consultation with the employees concerned, with an emphasis given to reaching those who were previously inactive. The manager is ultimately responsible for deciding on suitable activities.
* Group activities have priority.
* The activities involve a degree of raising the pulse.
* Stimulate and encourage those who were previously inactive to become engaged.
* Landstingshälsan provides training as required for managers appointed by the unit.
* The unit actively encourages employees to take advantage of activity subsidies.

The organisation’s plan for work on physical activity for one hour per week during normal working hours is documented in an action plan.