



Promotion of Physical Activity

**Market House
14 Market Street
Lerwick**

A charitable company limited by guarantee registered in Scotland No. 165677
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Company Secretary Catherine Hughson
Recognised by the Inland Revenue as a Scottish Charity - No. SCO 17286

Voluntary Action Shetland

HEALTH & WELL-BEING **PROMOTION OF PHYSICAL ACTIVITY**

HEALTH STRATEGY

Voluntary Action Shetland recognises the importance of the health and well being of all its employees. It is important for employees to be aware of health issues, which can improve personal health, can also help to improve overall welfare. An effective health promotions strategy can not only help to improve health, but can also create a supportive working environment.

AIMS OF THE HEALTH STRATEGY

- To establish VAS's commitment to the improvement of its employees' health, across all areas of work
- To provide work-related health information to VAS personnel on a regular basis & raise awareness of health issues
- To enable health at work issues to be discussed by all staff at regular staff meetings
- To reinforce the commitment of VAS to comply with Health and Safety legislation
- To work towards the achievement of the 'Scotland's Health at Work' Bronze, Silver and, ultimately, Gold Awards

PHYSICAL ACTIVITY - STATEMENT OF INTENT

As a responsible employer VAS is committed to take reasonable care of employees' health. In addition VAS will undertake to raise staff awareness of the benefits that can be gained from leading a healthy lifestyle. Physical activity is the key to good health as a sedentary lifestyle increases the risk of coronary heart disease and obesity. Exercise helps improve fitness, reduce body fat and lower blood sugar levels. It also builds stamina, confidence and self-esteem.

VAS will:-

- make available advice and information to all employees on the benefits of physical activity and a healthy lifestyle
- permit flexible lunch hours to allow time for exercise
- provide mapped out cycle/walking routes
- encourage use of stairs in workplace rather than use of lift
- ensure that physical activity is promoted as part of everyday living
- support and sponsor staff events which encourage physical activity

This policy was developed in consultation with VAS staff.