

# Napo in the workplace



Keep moving at work

Scene URL: <https://www.napofilm.net/en/learning-with-napo/napo-in-the-workplace/keep-moving-work>

## Introductory text

In this activity participants view and discuss a Napo scene which looks at the benefits of keeping active at work and how this can be achieved.

## Learning Objectives

Participants understand:

- the importance of remaining active for their health (w)
- that a lack of exercise can negatively impact on physical health (w,m,s)
- that building exercise into the working day has positive health benefits. (w,m,s)
- the benefits to people and organisations of remaining active and encouraging and providing opportunities for workers to be active.(m)

managers (m) supervisors (s) and workers (w)

## Activities

Facilitator to introduce Napo, encouraging participants to identify the potential for MSDs.

Facilitator to encourage participants to share their own experiences using the recommended questions from the following options:

- What health and safety issues does the film raise? Can you suggest any solutions? (w,m,s)
- Do you recognise the impact of lack of exercise in the characters? How would you have a conversation with your co-workers about using the stairs or any other active initiative? (w)
- What opportunities do you have to introduce exercise into your working day? (w,m,s)
- How could your workplace encourage you to be more active? (w)
- How do you encourage workers to take exercise eg using stairs instead of an elevator, taking a short break to move around, participate in stretching exercises at their workstation? (m,s)

## Concluding questions

- Can you explain the health benefits of regular exercise to your co-workers? (w)
- Can you explain the cost benefit of introducing routine exercise into your workplace (w,m,s)

## Assessment

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- Participants can explain the short and long term benefits of remaining active on a personal and organisational level (w,m,s)

## Resources required

- Flipchart and pens
- [Keep moving at work](#)