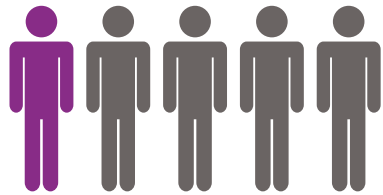


Physical Activity and Musculoskeletal Health (MSK)



1 in 4 (25%) women and



1 in 5 (21%) men are classed as physically inactive (doing less than 30 minutes of moderate physical activity each week).



1 in 3 adults in England live with a **long-term health condition**, and they are twice as likely to be among the least physically active.



Employees who are in **good health** are less **likely to need time off work** and are likely to be **more productive**.

The UK Chief Medical Officer recommends that adults should achieve at least **150 minutes** of moderate intensity activity a week or **75 minutes** of vigorous intensity activity a week. Adults should also undertake strength exercises on two or more days a week.



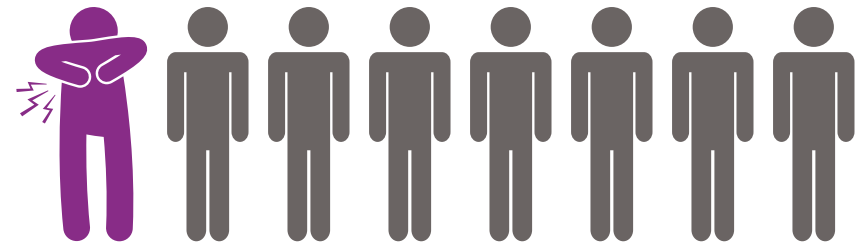
Sedentary behaviour in the workplace can cause **MSK problems**, such as back, shoulder and **knee pain**.

The average UK office worker sits **10 hours each day**, with almost **70% of sitting** taking place at work.



Regular physical activity is associated with a **reduced risk** of a range of diseases including some **cancers and dementia**.



1 in 8 of the working age population reported having an MSK.




31m days of sickness absence are attributed to MSK. MSK is one of the leading causes of sickness absence accounting for **23% of all working days lost**.

Supporting employees to increase their levels of **physical activity** is a positive step towards helping them maintain **good physical and mental health** and a **healthier weight**.



	Physical Activity and Musculoskeletal Health (MSK) Level 1: Criteria	Local/National Resources:
	<p>Raise awareness and provide information regarding physical activity and reducing sedentary behaviour</p> <p>Guidance:</p> <ul style="list-style-type: none"> • This could include: <ul style="list-style-type: none"> » The recommended physical activity guidelines » The benefits of physical activity » The risks of sedentary behaviour » Approaches/ top tips for moving more and reducing sedentary behaviour » Active travel opportunities (including getting to and from work and meetings/ events) • Ensure information is from a verifiable source and is accessible to employees from across the organisation. • Consider the format for providing information that is appropriate and accessible for all employees e.g. leaflets, apps, posters, intranet, notice boards, verbally. 	<p>Physical activity</p> <p>WCC be active webpage including health walks information.</p> <p>Active HW website including activity finder PHE campaigns.</p> <p>BITC physical activity, healthy eating and healthier weight toolkit.</p> <p>Better Health Get Active webpage.</p> <p>NHS exercise website including workouts.</p> <p>ParkRun website.</p> <p>BHF 'be active' challenge and 'stair climb' challenge.....</p> <p>Get Britain Standing website.</p> <p>NICE physical activity guidance.</p>
	<p>Raise awareness and promote local physical activity opportunities</p> <p>Guidance:</p> <p>This could include:</p> <ul style="list-style-type: none"> • Local sports clubs and exercise classes/ gyms • Walking, cycling and running routes and opportunities • District Council Sport and Leisure opportunities • Active Herefordshire and Worcestershire Activity Finder 	<p>Physical activity recommendations.</p> <p>e-LfH all our health physical activity course.</p> <p>On Your Feet website.</p>

	Physical Activity and Musculoskeletal Health (MSK) Level 1: Criteria	Local/National Resources:
	<p>Raise awareness and provide information regarding MSK health including signposting to further support</p> <p>Guidance:</p> <ul style="list-style-type: none"> • Good MSK health is integral to a full working life. It supports individuals with functional mobility and dexterity, balance and co-ordination, and contributes to muscular strength and endurance; essential to nearly all forms of work. • This could include: <ul style="list-style-type: none"> » Raising awareness of what employees can do to look after their own MSK health » Information about common MSK conditions, causes and how to prevent problems (e.g. repetitive movements) » Information about support available within the workplace (e.g. equipment available to support employees to work safely and effectively) » Top tips and gentle exercises/ stretches to improve joint health and flexibility » Local physiotherapy/therapeutic services 	<p>MSK health</p> <p>Worcestershire NHS MSK physio service</p> <p>CSOP MSK self-management resources</p> <p>ESCAPE-pain website</p> <p>Versus Arthritis website including exercises to manage pain</p> <p>NHS help with pain webpage, ways to reduce pain webpage,</p> <p>NHS exercise website including workouts</p> <p>Arthritis UK website</p> <p>British Pain Society information</p> <p>Gov.UK supporting MSK health at work information</p> <p>BITC MSK toolkit</p> <p>HSE MSD toolkit</p>