

Physical Activity FILES

This infographic provides data results from the Canadian Fitness and Lifestyle Research Institute's 2021-2022 Opportunities for Physical Activity at Work survey.

Preferred format of information for enhancing physical activity programs at work

Webinars, on-line platforms, E-learning

33%



Implementation guide, tool kits, templates

29%



Posters, pamphlets

26%



Newsletter, emails, audio-visual materials

26%



On-line access to data, evidence for evaluation

17%



In-person training and workshops

17%



Needs assessment tools for facilities/ programs

17%



Reproducible social media content

15%



Professional development courses

12%



Conferences, presentations, seminars

11%



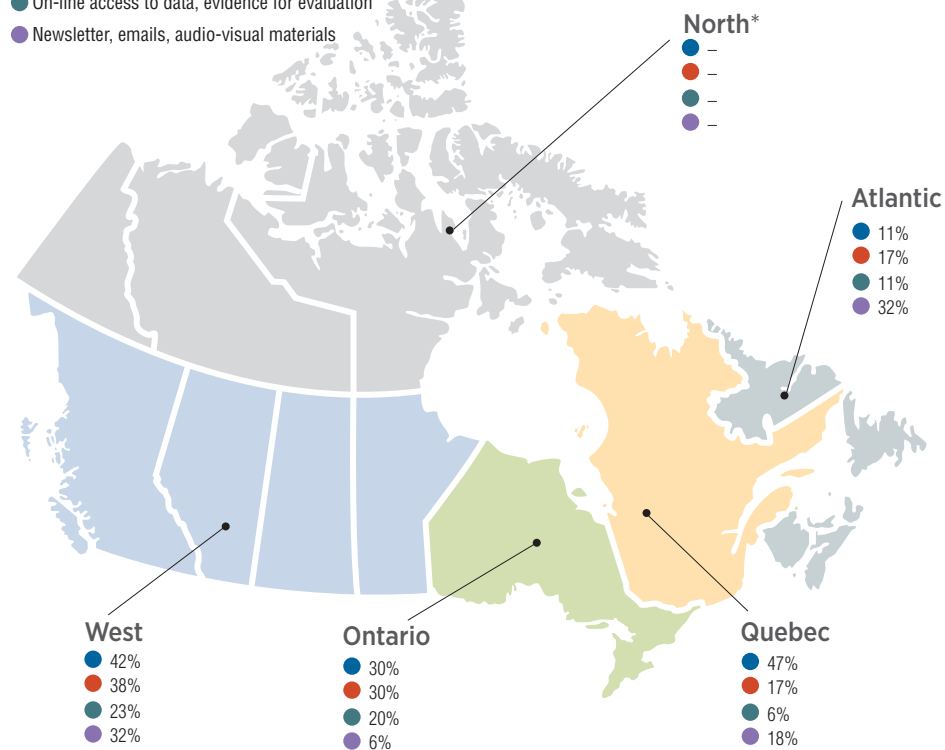
Infographics or information bulletins

9%



Format of information for enhancing physical activity programs at work by region

- Webinars, on-line platforms, E-learning
- Implementation guide, tool kits, templates
- On-line access to data, evidence for evaluation
- Newsletter, emails, audio-visual materials



*Data suppressed due to cell size