

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.

Operational changes at work due to the COVID-19 pandemic

In response to COVID-19, workplaces have:

Undergone training related to COVID-19 guidelines

44%



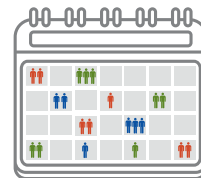
Supported teleworking of employees

43%



Adapted schedules to limit employees at one time

41%



Encouraged employees to be active during work hours

17%



Informed by governments about strategies PA facility re-opening at work

16%



Informed by public health about strategies for PA facility re-opening at work

13%



Provided leadership opportunities for employees to be active

8%



Restricted access to onsite PA opportunities for employees

8%



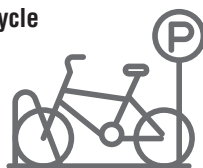
Reduced subsidies at gyms/sport facilities for employees

5%



Provided additional bicycle racks at work

3%



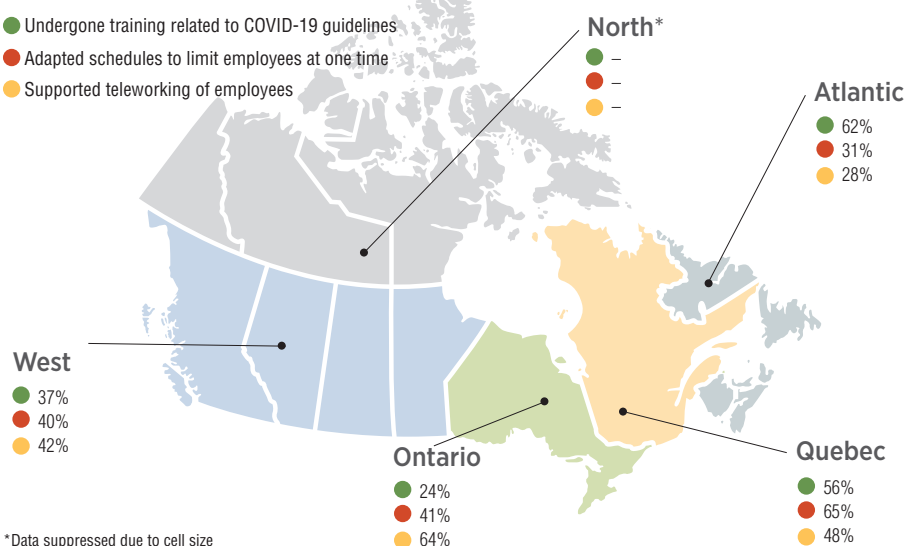
Not applicable

21%



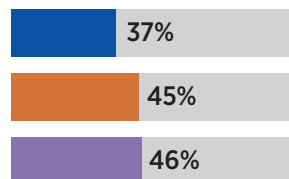
In response to COVID-19, workplaces have:

- Undergone training related to COVID-19 guidelines
- Adapted schedules to limit employees at one time
- Supported teleworking of employees

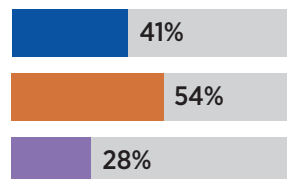


■ Inner City/Urban ■ Suburban ■ Rural

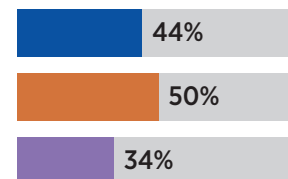
Undergone training related to COVID-19 guidelines



Adapted schedules to limit employees at one time



Supported teleworking of employees



PA=physical activity