



Article

# “In Initiative Overload”: Australian Perspectives on Promoting Physical Activity in the Workplace from Diverse Industries

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**Abstract:** *Introduction:* With two thirds of adults in paid employment and one third physically inactive, workplaces are an important setting for promoting more physical activity. We explored the attitudes and practices of employees and managers from different industries towards sitting and moving at work, to inform the development of acceptable solutions for encouraging businesses to adopt activity-promoting workplaces. *Method:* We conducted focus groups with employees and structured interviews with upper/middle managers from 12 organisations in a range of industries (e.g., education, healthcare, manufacturing, construction, insurance, mining). Topics focused on past and current workplace health and wellness initiatives, workplace culture and environment related to physical activity, responsibility for employee physical activity patterns at work, and enablers of/barriers to activity promoting workplaces. *Results:* Physical activity was not an explicit priority in existing occupational health and wellness initiatives. Instead, there was a strong focus on education about preventing and managing injuries, such as manual handling among non-office workers and desk-based ergonomics for office workers. Physical activity was viewed as a strategy for maintaining work ability and preventing injury, particularly in blue-collar staff, rather than for chronic disease prevention. Managers noted structural/organisational barriers/enablers to promoting physical activity at work (e.g., regulations, costs, competing concerns), while employees tended to focus on individual constraints such as time and geographic location. The issues of “initiative overload” and making physical activity a part of “business as usual” emerged as strong themes from employees and managers. *Conclusions:* While there is stakeholder enthusiasm for creating activity-promoting workplaces, multi-level support is needed to make physical activity an integral part of day-to-day business. The synergism between occupational health and safety priorities could be leveraged to facilitate the creation of activity-promoting workplaces.

**Keywords:** physical activity; workplace; health promotion; qualitative

# Moving On International Perspectives On Promoting Physical Acti

**Carrie P. Saylor**



## **Moving On International Perspectives On Promoting Physical Acti:**

**Moving on** Amanda Killoran, Peter H. Fentem, Carl Caspersen, 1994      **Psychology of Physical Activity** Stuart Biddle, Nanette Mutrie, 2001 adopts an evidence based approach and is aimed at second year and above undergraduates and post graduates in exercise and sports science health psychology students within psychology degree programmes health professionals needing background information      **Psychology of Physical Activity** Stuart J. H. Biddle, Nanette Mutrie, 2007-09-12 As modern lifestyles offer ever more opportunities for a sedentary existence physical activity has become for many a marginal aspect of life Too little physical activity is linked to common often serious health problems and although this link is now widely acknowledged levels of sedentary behaviour continue to increase throughout western society **Psychology of Physical Activity** 2nd Edition addresses this concern bringing together a wealth of up to date information about exercise behaviour including motivation and psychological factors associated with activity or inactivity the psychological outcomes of exercising including the feel good factor understanding specific clinical populations interventions and applied practice in the psychology of physical activity current trends and future directions in research and practice Updated to reflect new findings and research directions this new edition includes full textbook features and is accompanied by a dedicated website providing lecturers and students with extensive support materials including powerpoint slides and student MCQ s Visit the companion website at [www.routledge.com/textbooks/9780415366656](http://www.routledge.com/textbooks/9780415366656)      **Sport and Physical Activity** Jacqueline Merchant, Barbara Griffin, Anne Charnock, 2017-09-16 This authoritative introduction to physical activity applies the main theories models and approaches in health promotion to the field of sport and exercise It draws together the disciplines of psychology sociology physiology and social policy to look at issues affecting the health of individuals of communities and of society as a whole      **NIH Consensus Statement** ,1992      **Consensus Statement** ,1994      *Physical Activity and Behavioral Medicine* James F. Sallis, Neville Owen, 1998-08-13 What type amount and intensity of physical activity is good for your health How much exercise is too much Can avoiding physical activity make you ill or lead to premature death This crisply written and thought provoking book examines such issues to give readers the first integrated and consolidated introduction to what is known about the impact of physical activity on health By selectively highlighting some of the best and most important research in physical activity the authors synthesize studies and theory from several disciplines They use a behavioral epidemiology framework to organize the book and explore such topics as physical activity and the health of children adolescents and the elderly physical activity and its impact on mental health the role of physical activity in prevention of particular diseases health risks of physical activity and how much physical activity is enough and how to measure it how to promote physical activity and community based physical activity interventions Throughout the book the authors offer studies of diverse populations including different ethnic backgrounds and nationalities and different gender groups and different socioeconomic levels Although the health benefits of physical activity are fairly well known this book

further our understanding of how to help people become active enough to enjoy these benefits

**Organisational Behaviour in Health Care** Annabelle Mark, Sue Dopson, 1999-06-03 This book brings together a variety of the best papers from an international research symposium on organisational behaviour in healthcare It includes contributions from key names such as Sandra Dawson and Peter Spurgeon with a foreword by Rosemary Stewart Also including chapters from Australia Canada and Europe it is consciously international in perspective and aims to relate the public sector agenda as a comparator for developments in the US

Weight Loss, Exercise and Health Research Carrie P. Saylor, 2006 Weight loss can be achieved in many ways including reduction of caloric intake exercise and because of health reasons This book combines research from around the world in all three areas

Physical Activity and Psychological Well-Being Stuart J.H. Biddle, Ken Fox, Steve Boutcher, 2003-08-27 This book was commissioned by Somerset Health Authority to provide an updated overview of the case for exercise and mental health promotion

**Encyclopedia of Human Nutrition** Lindsay Allen, Andrew Prentice, 2005-07-20 Encyclopedia of Human Nutrition Second Edition is a thorough revision and 20% expansion of the 1998 release reflecting the continuing scientific advances in the field of human nutrition Now a four volume set nearly 300 articles with concise up to date information are complemented by an award winning indexing system Included is expanded coverage of epidemiology of diet related diseases functional foods food safety clinical nutrition and gastrointestinal disorders Virtually everyone will find the Encyclopedia of Human Nutrition an easy to use resource making it an ideal reference choice for both the professional and the non professional alike Also available online via ScienceDirect featuring extensive browsing searching and internal cross referencing between articles in the work plus dynamic linking to journal articles and abstract databases making navigation flexible and easy For more information pricing options and availability visit [www.info.sciencedirect.com](http://www.info.sciencedirect.com)

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**Encyclopedia of Human Nutrition**, 2012-12-28 The role of nutrition in improving quality of life and combating disease is undeniable and researchers from different disciplines are bringing their perspectives to bear on this fundamental topic The 4 volume Encyclopedia of Human Nutrition Third Edition is a thorough revision of the previous award winning version and reflects the scientific advances in the field of human nutrition It presents the latest understanding on a wide range of

nutrition related topics including food safety weight management vitamins bioengineering of foods plant based diet and raw foods among others New articles on organic food biofortification nutritional labeling and the effect of religious customs on diet among many others reflect the dedication to currency in this revision It not only contains the most current and thorough information available on the topic but also contains broader cross referencing on emerging opportunities for potential treatment and prevention of diseases An ideal starting point for scientific research Encyclopedia of Human Nutrition Third Edition continues to provide authoritative information in an accessible format making this complex discipline available to readers at both the professional and non professional level Selected for inclusion in Doody s Core Titles 2013 an essential collection development tool for health sciences libraries Approximately 30% new content ensures readers have the latest research information Extensive cross referencing provides key connections between topics in this multidisciplinary field Presents current information on relationships between disease and nutrition Covers thoroughly topics ranging from nutrient biochemistry and function to clinical nutrition and the epidemiology of diet health and disease

*Exercise and Young People* Lorraine Cale,Jo Harris,2004-10-28 Young people are a distinct group with specific exercise needs yet there are a number of misconceptions and limited guidance on the subject This book explores the key issues implications and initiatives associated with exercise and exercise promotion in young people draws together the available evidence on young people s physical activity and fitness and explores how exercise can be promoted to young people in the contexts of the school and community It converts theory into practice ideas into reality and principles into action and will be a valuable resource for students and practitioners alike

*Exercise and Sport in Diabetes* Dinesh Nagi,2006-03-30 The new edition of this acclaimed title provides a practical guide to the risks and benefits of undertaking sport and general exercise for patients with diabetes Fully updated to reflect the progress and understanding in the field the book features new chapters and material on insulin pump therapy and exercise physical activity and prevention of type 2 diabetes dietary advice for exercise and sport in type 1 diabetes and fluid and electrolyte replacement

*Comorbid Conditions Among Children with Autism Spectrum Disorders* Johnny L. Matson,2015-09-03 This book presents the similarities and intersections between Autism Spectrum Disorders and comorbid conditions in children It describes the prevalence and magnitude of comorbid conditions occurring in conjunction with ASD that complicate diagnosis and can potentially lead to inappropriate treatment and negative outcomes It addresses the strengths and limitations of age appropriate assessment measures as well as activity and motor skill measurement methods Specific comorbid disorders are examined through the review of core symptoms prognostic and diagnostic issues and treatment options for children on the ASD spectrum Featured topics include Challenging behaviors in children with ASD Conditions ranging from feeding and gastrointestinal disorders to epilepsy Developmental coordination disorder DCD Intellectual disability ID Methods and procedures for measuring comorbid psychological medical and motor disorders

*Comorbid Conditions Among Children with Autism Spectrum Disorders* is a must have resource for researchers clinicians and

professionals and graduate students across such fields as clinical child school and developmental psychology child and adolescent psychiatry and social work as well as rehabilitation medicine therapy behavioral therapy pediatrics and educational psychology

**Exercise Benefits and Prescription** Stephen R. Bird, Andy Smith, Kate James, 1998 This resource provides a practical guide for the use of exercise in health care and allows the health professional to make informed decisions about the inclusion of exercise in patient treatment The vital links between exercise and mental health and psychological well being are addressed

Occupational Therapy and Mental Health Jennifer Creek, Lesley Lougher, 2008-01-01 Psychiatrie sans mentale

**Nutrition and Health** Tanya Carr, Koen Descheemaeker, 2008-04-15 Continuing accumulation of scientific evidence demonstrates that nutrition is one of the most important determinants of health for the individual and that specific nutrition habits of various populations can significantly decrease the overall risk of several chronic diseases This landmark publication which contains papers presented at the 1st Nutrition and Health conference covers the major topics relating to nutritional aspects of health Chapters within this important book cover vital health issues including details of the links between diet and cardiovascular disease obesity cancer diabetes and osteoporosis Further chapters within Nutrition and Health cover important nutritional issues for example managing the human gut flora vegetarianism and the role of phytoprotectants Each chapter has been written by a well known expert and the whole has been drawn together and carefully edited providing an important reference resource for the future All health professionals interested or involved in nutrition and the impact of nutrition on health should have a copy of this book on their shelves as should libraries in all medical schools and universities and research establishments where nutrition dietetics and food science are studied and taught Also available from Blackwell Publishing A major series of textbooks from the Nutrition Society Introduction to Human Nutrition 0 632 05624 X Nutrition and Metabolism 0 632 05625 8 Clinical Nutrition 0 632 05626 6 Public Health Nutrition 0 632 05627 4 Nutrition Bulletin Journal Published quarterly ISSN 0141 9684 Adverse Reactions to Foods Edited by J Buttriss BNF 0 632 055472 Principles of Human Nutrition Second edition M Eastwood 0 632 05811 0

*A Wider Social Role for Sport* Fred Coalter, 2007-11-28 Sport is perceived to have the potential to alleviate a variety of social problems and generally to improve both individuals and the communities in which they live Sport is promoted as a relatively cost effective antidote to a range of social problems often those stemming from social exclusion including poor health high crime levels drug abuse and persistent youth offending educational under achievement lack of social cohesion and community identity and economic decline To this end there is increasing governmental interest in what has become known as sport for good A Wider Social Role for Sport presents the political and historical context for this increased government interest in sport s potential contribution to a range of social problems The book explores the particular social problems that governments seek to address through sport and examines the nature and extent of the evidence for sport s positive role It illustrates that in an era of evidence based policy making the cumulative evidence base for many of

these claims is relatively weak in part because such research is faced with substantial methodological problems in isolating the precise contribution of sport in many contexts Drawing on worldwide research A Wider Social Role for Sport explores the current state of knowledge and understanding of the presumed impacts of sport and suggests that we need to adopt a different approach to research and evaluation if sports researchers are to develop their understanding and make a substantial contribution to sports policy

**Social Issues in Sport** M. Sleaf, 1998-07-13 Social Issues in Sport introduces students to a sociological study of sport and is the first book to draw mainly from British sources for its material It aims to describe the nature and extent of sporting issues prevalent in society to analyse research studies in sport and offer explanations for sporting behaviour Topics covered include participation patterns in sport health women social class race drug abuse football hooliganism and commercialism

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In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Moving On International Perspectives On Promoting Physical Acti**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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