



SUMMER CAMP

WEEK 1

SPORT BENEFITS FOR WORK



Sport in the workplace?

Yes, but why? How?

Almost two out of three people consider work as the first cause of stress. But the same amount of people is not engaged in physical activity, or do so infrequently. This number is significant when you consider the effects of a sedentary lifestyle on the body: obesity, risk of cardiovascular disease, back problems, etc. Sport is one of the solutions to combat sedentary lifestyles (and stress) and improve health.

What are the benefits of integrating sport into daily life at work? And how can you do it?

Your mind cannot function at an optimal level without your body. These two are closely linked. Stress, concentration, motivation, mood, posture... the benefits of physical activity are as much psychological as physical. But its impact does not stop there! Indeed, sport leads to the use and development of (new) skills.

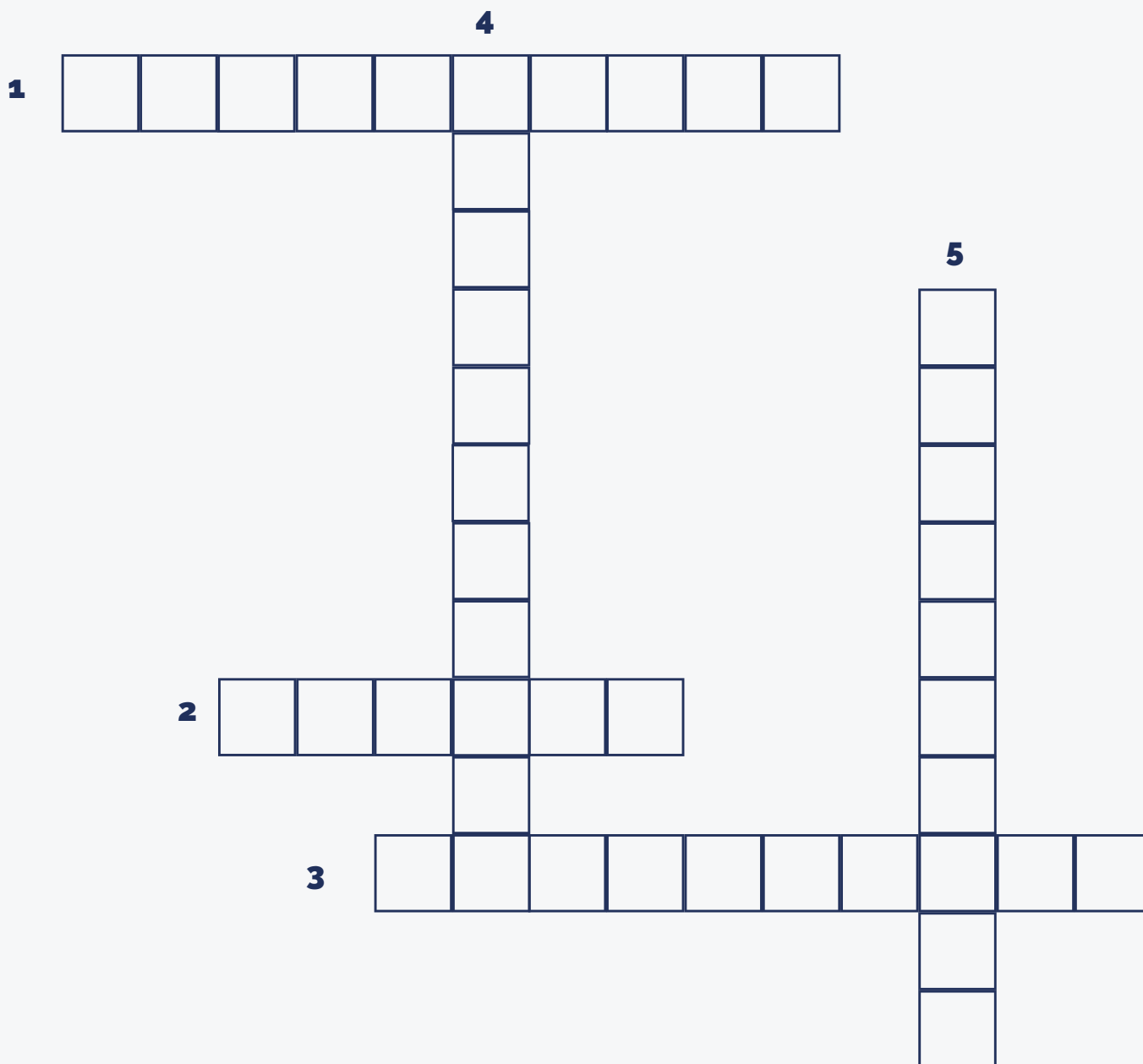
Moreover, sports team is the perfect example of group cohesion. From dealing with successes and failures to working together, a group of employees has everything to gain from being inspired by it. There is nothing better than practicing a physical activity together to boost its collective aspects.

Finally, to a large extent, each employee is responsible for developing healthy habits, but companies should help their employees move more by creating an active workplace. Making sport part of the company culture will benefit both the employees and the company itself!



Crosswords

Complete the grid with the words corresponding to the proposed definitions.



Horizontal

1. Skills developed through sport to guide teammates
2. Adjective describing recommended breaks at the workplace.
3. These molecules cause a feeling of well-being after sport.

Vertical

4. Action of rewarding an employee or the team
5. Example of physical activity to do after sitting at your desk for two hours

Find out the answers :
1.leadership
2.active
3.endorphins
4.recognition
5.stretching

Sport benefits

In a nutshell...

Your body and mind belong together. When you are stressed, it affects your brain, and the rest of your body feels the pain. The good news is that sport can help. Physical activity allows you to switch off and reactivate your body and mind. The positive effects are manifold: stress reduction, mood improvement, increased concentration, and productivity!

You don't have to be a great sportsman or woman, a 10-minute ritual every two hours is enough to feel the benefits! Finally, adapt this ritual to the opposite of your professional activity.

And above all, enjoy yourself!

... for the employee

Because body and mind are linked, practicing sport has both physical and psychological benefits for an employee. After a few minutes of exercise, the body and mind are reactivated and ready to go back to work. But not only... In the long term, sport helps to develop new skills that will be an asset in the workplace.

... for the teams

Beyond the simple team-building activity, sport plays a major role in building team cohesion. Its social and unifying roles help to establish a trust relationship between teammates. But above all, teams learn to succeed, overcome difficulties, and face failures together; and this is a major asset in their daily missions!

... for the enterprise

Employees in better physical and mental health, united and efficient teams... have a positive impact on absenteeism at work. Moreover, practicing sport in the company helps to build its culture. Indeed, beyond the missions of each person, the sports field encourages the construction of common values. All these elements have a positive impact on the employer brand.



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"Summer Camp" Category!