

Fitness Fun with Coworkers

Presented by:



Why it's a good idea



Like anyone, you and your coworkers can become healthier by incorporating more physical activity.



By spending time together, you build more cohesive relationships; a staple for a good work environment.



By partnering/grouping up to do a workout, you are held accountable. No slacking!



Along with being accountable, you are pushed to do more when doing a group workout.



The whole team has something to look forward to if they workout together. This can improve morale.



Do it for fun! It's just downright fun to workout with your coworkers.



Ideas For Fitness with Coworkers



Group Fitness Class

Meet up with coworkers to take a fitness class together. Take it easy with instructor led yoga in the park or ramp it way up with a demanding spin class. Taking classes will get you active together, and a good instructor will make sure you are getting better with each repetition.





Ride Bikes

Go with your coworkers to a nearby bike route with some nice scenery. Biking is an amazing way to take in the outdoors. You don't have to be a pro to cruise along side each other and cover some ground. Have friendly competition along the way; "race you to the top of the hill!"





Lift Weights

This is great, especially since you have a fitness center at work. Take a break from the job during the day and come down to the gym with a few buddies. You have spotters to help you reach some personal bests and encouragement to get that last rep. Plus there's just something about someone else also feeling the burn that makes it a bit more tolerable for you.





Long Walk

Fitness doesn't always have to be grueling work, pushing yourself to your limit. Go for a walk with a coworker on your break. This gives you some needed sunlight, conversation, and time away from your desk. Pick a route you don't normally take and switch up your scenery. This can help get the creative juices flowing.





Step Challenge

A lot of people have a step tracking watch, or an app that counts your steps. Get your team together and have a weekly contest on who can walk the most steps. Have a small ceremony and a prize for the winner. You and your coworkers can have a lot of fun with this!





Adult Sports League

Get a team together with your coworkers and join a local adult recreation league. Perfect for team building, you and your coworkers will quite literally build a team to play in the league you choose. This is also a chance to bond and interact with coworkers away from work, which ultimately creates better chemistry during work.





Dog Walking Party

Get your dogs together for a group walk and play date. Keeping up with your pets means being in constant motion with them. You and your coworkers can meet each other's fur babies and get active together. If you want, you can step it up and jog with your dog. This is a fun way to work in your steps for the day. It's good for your dog too.





Personal Group Training

Get a few coworkers and get a personal training group package. Doing this will set the schedule and your group members and trainer will hold you accountable. There are a lot of smart, qualified and fun trainers at your Fitness Center. Doing it together with friends will make it easier to get through a tough workout.





**Ready to go?
Let's get moving...**