

## Movement for Every Body: Inclusive Fitness for the Workplace

When most people hear “fitness,” they might picture running a marathon, lifting heavy weights, or joining an intense workout class. But the truth is—movement looks different for everyone. Inclusive fitness means creating opportunities for all employees, regardless of age, ability, body type, or fitness level, to move in ways that feel good and support their well-being.

### Why Inclusive Movement Matters

Movement isn't just about physical health—it's about connection, confidence, and belonging. When workplaces encourage inclusive fitness, they send a clear message: everyone deserves to feel supported in their wellness journey. This approach helps remove barriers that might prevent employees from participating, such as physical limitations, time constraints, or fear of judgment.

Inclusive fitness helps:

- Boost energy and focus during the workday
- Reduce stress and improve mental health
- Strengthen team morale and engagement
- Support long-term physical well-being for all employees



### Ways to Foster Movement for Every Body

Here are a few ideas to help your workplace embrace inclusive movement:

- **Offer a variety of options:** From stretching breaks to walking groups or gentle yoga, variety ensures everyone can find something that fits their comfort and ability level.
- **Make movement accessible:** Provide virtual classes, chair-based exercises, or simple desk stretches that employees can do anywhere.

- **Focus on how it feels—not how it looks:** Encourage employees to move for better mood, energy, and stress relief rather than performance or appearance.
- **Create a culture of support:** Leaders can model inclusivity by sharing their own wellness practices and encouraging flexible schedules for physical activity.

### Every Step Counts

Inclusive fitness reminds us that movement isn't "one size fits all." Whether it's a quick stretch between meetings, dancing to your favorite song, or taking the stairs instead of the elevator, every bit of movement contributes to a healthier, happier workplace.

Let's celebrate movement for every body—because when everyone feels included, we all move forward together.

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### Your Call to Action

Start small this week: take a few minutes each day to move in a way that feels right for you—stretch at your desk, take a walk outside, or try a short online fitness video. Invite a coworker to join you and make it fun!

For more ideas and on-demand resources, **visit the Life Advisor Well-being portal** to explore resources and tools to help you build a routine that fits your lifestyle.

**For more information, tools, resources, or app information, call your  
Life Advisor Employee Assistance Program!**



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