



Free Exercise – The Staircase

Promote Employees to Exercise Autonomously

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Background

Regular exercise is an important part of a healthy lifestyle. Regular exercise habits should be cultivated to be carried out autonomously in the workplace, especially in a working environment with high pressure.

"Free exercise – the staircase" is one of the programs developed to encourage the development of self-regular exercise in staff in Penang Adventist Hospital.



Objective

Our objective was to educate our staff that there are creative ways to be physically active during their working hours. Using the staircase instead of the elevator is an easy and inexpensive way to reduce time spent being sedentary.





EVERY

JOURNEY

STARTS WITH

JUST A

SINGLE STEP

Methods

We decorated the stairways with motivational phrases and calorie counting paintings. We also placed portraits directing to use of staircases in high-traffic areas in and around the hospital compound. We also placed stickers on the elevator's button, health benefits on the door of the elevator, and motivational posters on the wall on each floor of the carpark.



Methods

To assess the campaign's effectiveness, we conducted a 14-days reward system activity, "Climb, Spot and Win" in the 3rd month after the campaign's launch.

The participants who randomly collected an envelope on the wall of the staircase were required to answer the questionnaire in order to collect their rewards.

The surveys revealed that the implemented intervention was effective in encouraging the staff to use the staircases more often.



Results

More than **90%** of participants

answered that they were motivated to take the stairs after stair prompt signages, stickers, posters, and paint on stairways were added.

Conclusion

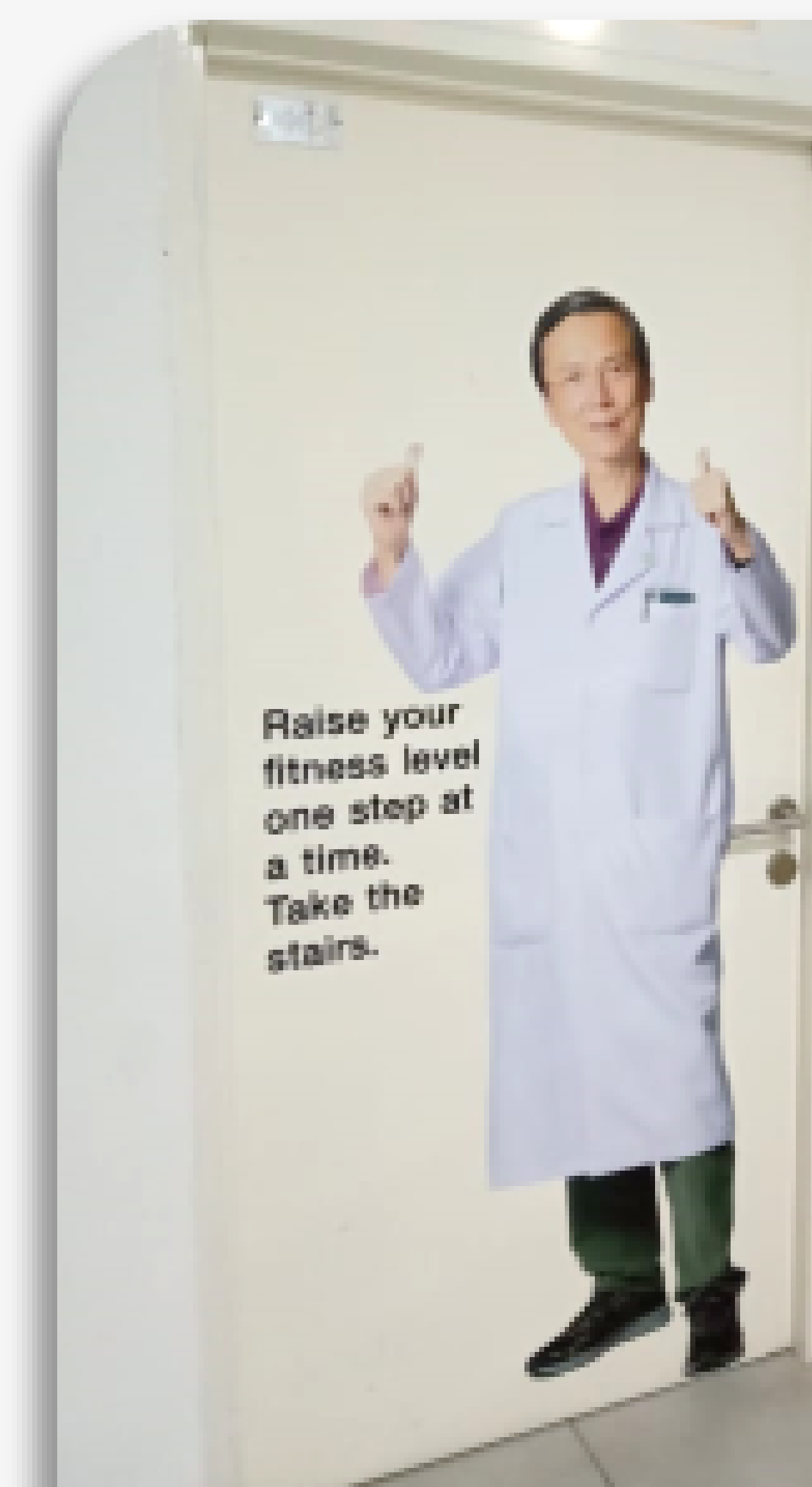
The survey findings indicated that the impact of the campaign with added activity is a great way to promote “free exercise” at the workplace. It also helped the staff and nurses who are having difficulty carrying out physical activities after work or shift work.

Relevance to HPH

The standard 4 of a HPH organization addresses staff health needs and health promotion.

The role of an HPH organization is to strive to bring forward an environment that promotes health at its premises and its immediate surrounding.

It is an effective strategy to attract, recruit and retain a healthy workforce in health care settings through health promotion.





Thank you!

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