

COMPLIMENTARY TOOL:

Reference on physical activity (in French)

In addition to healthy eating, **physical activity has a significant impact on physical and mental health** as well as well-being.

As part of the research for the nutrition thematic dossier, references promoting physical activity were identified (in French).



References for human resources (In French)

These references could guide your efforts to promote and raise awareness regarding the importance of physical activity in your organization.

- [Portrait de leader engagé : Comment l'entreprise Location Haute-Matawinie a rendu ses employés plus heureux et productifs](#)
- [5 avantages de l'activité physique au travail](#)
- [Pénurie de personnel : l'activité physique comme solutions aux enjeux des entreprises](#)
- [Payer ses employés pour faire de l'activité physique, est-ce rentable ?](#)

References for human employees (In French)

These references, in the form of fact sheets, could be shared directly with your employees or they could inspire you for your promotion and awareness activities.

- [Conseils sur l'activité physique pour les adultes \(18-64 ans\)](#)
- [10 petites astuces anti-sédentarité](#)
- [10 exercices pour des pauses actives en télétravail](#)
- [50 astuces pour manger mieux et bouger plus](#)