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| Physical Activity | Factor, Occupational Health and Safety | Factor, Personal Health Practices | Factor, Organizational Culture |
| Strategy, Awareness Raising | Raise awareness about the need to wear proper equipment to prevent injuries. | Raise awareness via the newsletter about the benefits of being physically active. | Raise awareness about the importance of providing input to management. |
| Strategy, Educational and Skill Building | Offer training on how to use equipment for physical activity. | Assist employees to set small, realistic physical activity goals. | Provide information on the best ways to give feedback to management. |
| Strategy, Supportive Environments | Provide an opportunity to learn about the use of proper equipment for physical activity. | Provide fitness facilities in the workplace or money gift cards for running shoes, equipment. | Provide transportation to and from physical activity facilities. |
| Strategy, Guidelines or Policies | Regarding the use of any physical activity equipment or re: physical activities. | All employees have flextime to do physical activity during the lunch hour. | Create policies that allow employees a certain amount of work time each year to pursue physical activity. |