

Level	Initiative	Tasks	Who will be responsible?	Who will be involved? (internal and external)	Facilities	Cost implications	Timeline
Organisational	15-minute SUH activity break once per week, approved by upper management	Put 15 min breaks in staff calendars	Supervisors responsible for delivery	All staff will have the opportunity to take part	NA	None	Trial for 3 months
Environmental	SUH equipment on call floor	Place equipment on call floor and in shared spaces within the centre, rotating monthly	SUH Committee members	All staff	Various work and leisure spaces around centre	None – equipment provided by SUH project team	Equipment to be placed in 3 areas for 1 month each
Group activities	Desk stretches	Daily desk stretches on the call floor	Staff responsible for delivery	All staff on the call floor who are available	NA	NA	Daily - trial for 3 months
Ownership and context	Collect staff preferences and feedback at SUH events held in centre	SUH project team to run 2 SUH project events in the centre	SUH project team, SUH Committee members	All staff	Conference room	None	2 events, 3 months apart
Information	Posters highlighting the benefits of standing more	Posters around centre with statistics on health conditions/concerns, easy stretches and exercises	SUH project team, SUH Committee members	All staff	Various work and leisure spaces around centre	None	Posters up for 3 months, to be rotated out by other SUH related posters
Individual behaviour	Remembering to stand up and move at regular intervals	SUH events run by SUH project staff, reminders in emails, posters, reminders for activity breaks on phones and computers	SUH project team, SUH Committee members, staff themselves	All staff	None	None	Ongoing