



IXELLES

With its 1.500 agents and 850 teachers, the municipality of Ixelles - one of the 19 municipalities of Brussels (Belgium) - decided to implement a **4-axes programme** aiming at **supporting physical activity and wellbeing within the workplace**. The objective is to overcome the two major barriers appearing when it comes to the promotion of physical activity at work, i.e. the lack of time and the inappropriateness of the place. Those key pillars are:

- Encouraging **short breaks** to practice stretching exercises;
- Organizing **regular sport activities** such as running, pilate or walking;
- Giving free access to **equipment** like rowers;
- Developing courses with certified coaches who accompany the workers to fulfil their objectives.

Those initiatives facilitate the access to the practice. They allow to integrate physical activity in the daily life and create new habits among the workers. They aimed at **breaking hierarchical, departmental, gender and age barriers**. During Covid-19, they played a crucial role in creating social link and a sense of belonging within the community of Ixelles municipality.

“Sport is important because practicing sport helps feeling better. And feeling better means working better.”

Chantal Collet, Director of Education, Culture and Sport of Ixelles municipality

Le Sport au travail c'est parti!

**À partir d'octobre
soyez prêt
à vous déconnecter
quelques minutes par jour**

Au programme :
 Installation de petit ou gros matériel de fitness dans les services
 Rencontre avec les coaches
 Moment de partage et de convivialité
 Mise en place de la pause sport

A l'initiative de Christine Douhairelles, Bourgmestre, de Ben Driels, Echevin des Sports et des membres du Collège des Bourgmestres et Echevins d'Ixelles / Bijzitter van Christine Douhairelles, Burgemeester van Ben Driels, Schep van Sport en van het College van Burgemeesteren en schepverven van Ixelles.



SPORT
— AU TRAVAIL




Commune d'Ixelles - Belgium



WAC
WORKPLACE ACTIVE CERTIFICATION

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WORKPLACE ACTIVE CERTIFICATION

European certification for sport and physical activity
CERTIFICATE
 COMMUNE D'IXELLES

