# THE MOVEMENT MENU

## A PRACTICAL WELLBEING RESOURCE FOR SOCIAL WORKERS

Moving Social Work™

## WHAT IS THE MENU OF MOVEMENT OPTIONS?

The Movement Menu is a simple and practical wellbeing resource designed to help social workers integrate small, meaningful moments of movement into the working day so wellbeing can improved.

Using a familiar restaurant-style menu, movement is presented as something that can be chosen, adapted, and enjoyed – rather than another task to add to an already busy workload.

The menu is intentionally:

- **Flexible** – no "right" way to use it, the focus is on choice
- **Inclusive** – suitable for different bodies, roles, and working environments

## THE RESEARCH BEHIND THE MENU

The menu is grounded in co-produced research exploring physical activity, sedentary behaviour, and wellbeing in social work practice.

The research found that:

- Sedentary behaviour is common, deeply felt, and often linked to emotional and physical strain.
- Workload pressures, guilt, and workplace culture can make movement feel difficult, impractical, or inappropriate.
- Despite the challenges, social workers recognise the holistic value of movement for wellbeing, linking it to improved mental clarity, resilience, reduced stress, and sustaining themselves at work.
- Social workers want simple, low-disruption ideas that fit naturally into the working day.

The Movement Menu translates these findings into a practical resource that bridges research and everyday practice.

## HOW SHOULD THE MENU BE USED?

You can use it:

- Individually, by picking one or two options that suit your day
- As a team, to spark discussion or try something together
- Flexibly, dipping in and out depending on time and energy

Think of it like a real menu:

- Some days you may only have time for a Light Bite
- Other days you might enjoy a Main or a Dessert
- Side Orders help make movement easier, but aren't required
- Combo Meals show how small movements can be paired together naturally

There is no expectation to do everything, the menu is about what works for you. We have been told by many social workers who trailed it that it can support wellbeing and when that happens they are even better social workers.

**Do you have feedback on the menu? We want to hear from you!**
**Please reach out to Dr Mark Hollett mark.a.hollett@durham.ac.uk for more.**

Moving Social Work™ Disability Rights UK Durham University Department of Sport and Exercise Sciences SPORT ENGLAND

SINCE 2025

# THE MOVEMENT MENU

Moving Social Work™

## WE ALSO DELIVER!

**ENJOY ALL OUR ITEMS**
**WORKING FROM HOME**

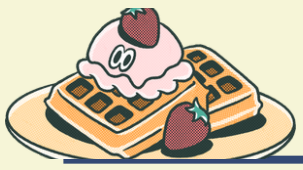
## Light Bites

### STRETCH OF THE DAY

Loosen the tension of the day with simple, quick stretches that can be done between tasks. Scan the QR code or click here for examples.

### DESK DIPPERS

Dip away from the desk - to the printer, the kitchen, or to speak to a colleague



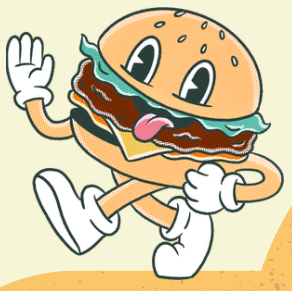
## DESSERTS

### ICE TEAM SUNDAE CHALLENGE

A scoop of team spirit with sprinkles of movement. Set up a team movement challenge to lift the mood and bring people together.

### CHAMPION CHEESECAKE

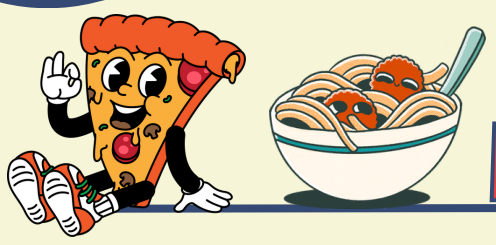
A slice of support and inspiration. Ask your Physical Activity Champion how they can help bring movement onto the menu.



## SPECIAL

**DIP N' SLICE**

Pair a Desk Dipper with a Strength & Balance Pizza Slice for a well-being boost! For example, while the kettle boils, try a strength or balance movement to add extra flavour to your day



## MAIN COURSE

### STRENGTH & BALANCE PIZZA

Create your own strength & balance pizza! Scan the QR code or click here to choose your toppings.

### THE NATURE NOODLE BOWL

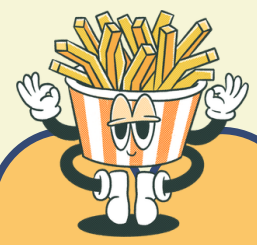
Take movement outside and taste what nature has to offer.

Vegetarian Option: If being outdoors isn't on today's menu, try our indoor alternative by taking a movement break near a space with natural light.

### THE TOGETHER PLATTER

Best shared. A selection of movement moments with others. Whether its a shared stretch or outdoor or indoor chat/meeting. Comes served with a side of connection.

## SIDES



### PROMPT POTATOES

Perfect for dipping into movement. Add a screensaver nudge, calendar reminder, or posters around the office to prompt movement throughout the day

### DESK SIDE SALAD

A light, refreshing side of small workspace tweaks that support movement. Think adjustable desk setups or  keeping suitable clothing nearby to make movement easier.