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## Examine employees' attitudes to daily and targeted physical exercise during working hours and examine the attendance rate of exercise

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The study was conducted during January 6th-March 28th 2014, 60 workdays. Exercise was performed in 37 of 60 workdays. 19 radiographers were employed, 2 quit during the study period. Exercise time was commonly 30 min. scheduled during the regular working day. The radiographers voluntarily answered a questionnaire at the start and end of the study. 84% (16/19) answered the questionnaire at study start, 88% (15/17) at the end of the study. Start/baseline: 5 basic questions; study end: 5 basic questions +7 additional questions. At start and the end 100% answered that they in a great/very great extent enjoyed exercise. At start 94% (15/16) answered that exercise during working hours is important/very important. At the end, 80% (12/15) answered important/very important, 3/15(20%) answered somewhat important. At start, 81% (13/16) answered that exercise contributed to a positive working environment to a large/very large extent, 19% (3/16) to some extent. The corresponding results at the end were: 75% (12/16) to a large/very large extent, 25% (4/16) to some extent. Exercise has a large to very large extent positive impact on working environment, but the positive attitude towards exercise decreased during the study.

### Biography

Randi Gullien is a Senior Radiographer at Breast Imaging Centre at Oslo University Hospital in Norway and has worked within the field of mammography since 1986. She has a Master's degree from University of Bergen and has published several articles in reputed journals and had several oral presentations and posters at national and international congresses/conferences. She has been a Reviewer at an international journal and participated in many research projects in addition to her own projects.

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