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Following the continued attempt of society to recover from the global impact of the Coronavirus pandemic, preventative healthcare has become more important than ever to reduce the strain on our National Health Service (Newman, Jevé and Majumder, 2022). Many children, adolescents, adults, and older adults struggled with the confinements of the Government's restrictions and many institutions and workplaces are currently trying to manage 'new normal' working environments (Singh *et al.*, 2020). More workplaces are offering staff the opportunity to 'work-from-home' and universities are adopting a 'hybrid learning approach'. This change in work strategy will need support from stakeholders and potentially 'buy-in' from those involved (i.e., staff, students, etc.). For example, students that self-fund their education may wish to attend their university as opposed to engaging in online teaching strategies. Equally, people may not have appropriate accommodation facilities to work-from-home and this may impact their motivation and productivity.

Another global issue is the reality of climate change and the impact this is having now, and will continue to have, in the near future, with the consequences continuously exposing the monumental negative impact on humanity. A reality that was exposed from the United Nations Climate Change Conference in 2021 was the role of technology as an integral component in the global effort to reach net zero carbon emissions (Dwivedi *et al.*, 2022). The World Health Organisation (WHO) (2021) recently released an extensive document providing new evidence and perspectives on green and blue spaces for mental health. The document summarised the positive effects that green and blue spaces have on short- and long-term mental health outcomes, and highlighted the need to consider the benefits and 'trade-offs' in future planning and managing of city transformations to address urban health. A key finding from a recent systematic review concluded that research focuses on the availability and accessibility of green space, with less research conducted on the relationship between blue space and health (Geneshka *et al.*, 2021). Evidence is growing across Europe with mental health and wellbeing used as the primary association with exposure to green and blue spaces (White *et al.*, 2021; Jarosz, 2022). The association between green and blue spaces and physical activity (PA) and health, particularly physical health, has less evidence (Yen, Chiu and Huang, 2021).

A common link between these issues is the positive impact of engaging in PA, particularly in green and blue spaces, from both a health and environmental perspective. Research continues to learn about the motivators behind people's decisions to engage in PA, and to implement this engagement in and around green and blue spaces. Despite the implementation of PA guidelines, approximately 1 in 4 adults fail to achieve the global recommended levels of PA (WHO, 2022). Physical activity is a well-established preventative medicine that is independently associated with physical and mental health (Santos *et al.*, 2012; Coffeng *et al.*, 2015). Though many people are educated about the positive impact of PA on physiological and psychological health and wellbeing, the impact of implementing this education in different workplaces remains unclear. A key barrier to PA remains a 'lack of time', but despite evidence suggesting otherwise (Biddle *et al.*, 2019), perhaps workplaces should be targeted as a facility to promote the health benefits of engaging in PA. The University of the West of Scotland (UWS) may be leading the way by initially providing free gym memberships for their students to access their on-campus facilities in 2018 (UWS, 2018), to recently announcing exclusive free gym memberships to both students and staff members this year (UWS, 2023). This is a huge leap forward to support student and staff health and wellbeing and the next step may be to encourage access to green and blue spaces in harmony with engaging in PA. One method that academics use to escape their institutional confinements is to access 'writing retreats' that are often held in rural settings with easy access to green and/or blue spaces.

This research proposal would like to focus on developing healthy workplaces (including schools as a 'workplace' for children and adolescents) by investigating the inter-relationship between workplaces and green and blue spaces. Though this research would like to add to the current body of knowledge related to mental health, this research would like to expose any hidden associations with PA. The first aim would be to investigate current workplace strategies to promote PA and engagement with green and blue spaces to provide an initial understanding of this topic. The next step would be to gather people's perspectives on the availability and accessibility of opportunities to be physically active and engage with green and blue spaces. The last step would be to measure PA levels and engagement with green and blue spaces in association with physical health indicators, cognitive functioning indicators, and workplace productivity.

Reference List

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