



## Move More at Work

If you're like most adults, you spend most of your waking hours at work and struggle to fit everything else (like exercise) into your "free time." What if you could work out while you work, without having to carve out a big chunk of time? You can – by finding all those little opportunities to move more throughout your work day!

- + Take the stairs instead of the elevator, for at least a floor or two. Once it gets easier, add another floor.
- + Instead of using the breakroom or restroom nearest your workstation, use one farther away, maybe even on another floor – and take the stairs each time you go!
- + Stuck on a long call or need an energizing break? Stand up and do some basic strength and balance exercises, like squats, desk push-ups, wall sits, calf raises, tree pose and chair pose.
- + Walk to a coworker's desk or office to talk instead of using email, IM or the phone. The personal interaction is an added bonus!
- + Traveling for work? Take along a jump rope or a resistance band to use in your hotel room. Bring workout clothes, shoes and a swimsuit to take advantage of the hotel fitness center or pool.
- + Form a walking club to walk together at work and participate in local charity events as a team.
- + Schedule walking meetings for informal discussions and brainstorming. Use a voice memo app on your phone to capture notes. You may find you're more creative on your feet!
- + Get off the bus or train a few blocks early and walk the rest of the way to work or home. If you drive to work, park as far away from the entrance as you can.
- + Walk to a nearby restaurant for lunch instead of driving or ordering in.
- + Explore your options for using a standing desk, treadmill desk or sit-stand desk riser. Alternate sitting and standing throughout the day, with lots of walking breaks.

### TIPS FOR SUCCESS

- + Wear comfortable shoes and clothing you can move in, or keep a pair of sneakers at your desk.
- + Use a cushioned mat and other support to avoid foot and leg fatigue when standing.
- + Schedule physical activity breaks and reminders on your work calendar – and treat them like any other important appointment.
- + Ask a coworker to be your "work out at work" partner. Remind and support each other to move more throughout the day. You'll help keep each other accountable and motivated!