



## Being Active at Work

### Did You Know?

Studies have shown that it is greatly beneficial to break up long periods of sitting by standing up to stretch or taking a brief walking break.

Try to stand up at least once every hour during the workday.



By utilizing one or more of the following strategies, you can find a way that works for you to incorporate physical activity into your work day. By making physical activity a part of each day, you will be more productive while at work, will be more pleasant to be around, and will feel all-around better!

**Do resistance band exercises-** Purchase a resistance band to keep by your desk. This can make it convenient and easy to spend 5-10 minutes during the day doing strength training exercises.

**Stand while on the phone-** While on the phone, consider standing up, even if only for a minute or two. Standing will allow blood to circulate, will increase the amount of calories you burn, and can provide variety to sitting all day.

**Take a 10 minute walking break-** Set an alarm on your computer, to remind you to take a brief walk 2-3 times during the workday. You will come back feeling refreshed and ready to be more efficient and productive at work!

**Schedule walking meetings-** Instead of traditional meetings, try having a walking meeting. This way, you can accomplish work and physical activity simultaneously. Plus, you may find that ideas flow better while you are physically moving!

**Be strategic with your work space-** Place your printer, trash can, scanner and other similar items away from your desk so that you have to stand up and walk to them when needed during the day.

**Consider biking to work-** If location allows, consider biking to work, even if only one day per week. This will allow you to be physically active while also saving money and helping the environment.

**Get a stability ball-** Keep an exercise ball near your desk and set a reminder on your computer each day so you remember to use it. Click [here](#) for guidelines and tips for selecting and using a stability ball.

Making small changes can have great health benefits! Start seeing how many ways you can make physical activity a part of your work day!