



21 tips to increase your movement during the day

1 Move or stretch at least every hour

- 2 Hold a walking meeting
- 3 Take the stairs when traveling less than two flights
- 4 Park your vehicle farther away from your office
- 5 Walk over to your co-worker instead of calling or emailing
- 6 Organize a group walk during lunch or breaks
- 7 Take the stairs to a restroom on another floor or walk to the farther restroom
- 9 Move your feet by doing ankle circles to improve circulation

8 Join a fitness class at lunch

- 10 Change your position or posture often
- 11 Use the printer or shredder farthest away from your desk
- 12 Stand during meetings and presentations
- 13 Be sure to stretch your wrists, arms and neck after long hours of typing or driving

- 14 Use a small water glass so you will have to walk to get water more often and stay hydrated throughout the day
- 15 Avoid sitting on long commutes by standing on the bus or train

16 While watching TV, get up to change the channels

- 17 Stand, exercise or just move while watching TV, or during commercial breaks
- 18 Consider using a sit-stand workstation
- 19 When tidying up, or bringing in groceries, make multiple small trips
- 20 Wash your car instead of using the touch-less car wash

21 Schedule meetings in conference rooms on another floor or the farthest away from your work-space

