

MOVE MORE TIPS

- Take the stairs instead of the elevator
- Park at the far end of the parking lot
- Go to the restroom on a different floor
- Eat your lunch away from your desk
- Stay hydrated during the day by taking frequent water breaks
- Stand while talking on the phone
- Go talk to a coworker instead of sending an email
- Plan to make your next meeting a walking meeting
- Practice good posture to increase circulation and muscle flexibility
- Do upper body stretches while reading emails
- Walk around your building during lunch to aid digestion
- Have a walking buddy at work to keep you accountable for moving more
- Make sure to take a stretch break during meetings that last longer than an hour
- While sitting, raise your legs and do ankle circles to keep your blood flowing
- Take 3 - 4 minutes every hour to get up and move around