



## **Be active at work!**

Here are some easy ways to fit activity into your work day. Remember, every minute counts! Try to get 60 minutes of physical activity every day.

- Park further from the entrance to your workplace (5 minute walk)
  - o Or if you take transit get off the bus one stop early
  
- Take your breaks at work and:
  - o Go for a short walk ( 15 to 30 minutes)
  - o Try Stretching @ Your Desk
  - o Try Yoga @ Your Desk
  - o Try Exercising Your Hands and Wrists @ Your Desk
  
- Take the stairs instead of the elevator (5 to 10 minutes)
  - o Up or down the stairs – it all counts
  
- Have your next meeting standing or walking
- Stand while you are talking on the phone
- Walk for half of your lunch break (15-30 minutes)
- Walk over and deliver a message instead of sending email (up to 10 minutes)
- Be different- bring a skipping rope to work and jump rope (5 to 10 minutes)
- Make your photocopies on another floor

- Use the bathroom that is far away from your desk
- Move your printer to another location

Start today! Try to fit 60 minutes of activity into your work day. What are you going to try first? Keep track of your progress with **Activity Tracker**.



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