

TIPS FOR INCREASING PHYSICAL ACTIVITY AT WORK



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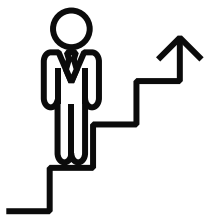
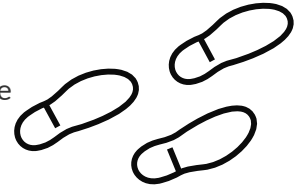


BRING SNEAKERS

Bringing walking shoes with you to work will help encourage you to be more physically active beyond going to the gym. Schedule walking meetings, take a 10 minute walk at lunch to renew energy and reduce stress, or take a break outside the office with a co-worker.

TAKE A WALK

Make an early morning walk part of your daily routine. This can be done by getting off the bus a few stops early, parking a little further away, or just going for a walk in your neighbourhood before your work day begins.



IGNORE THE ELEVATOR

Take the stairs whenever you can. Every step counts. Walking 10,000 steps a day is a good starting point. For maximum health benefits, 2,000-4,000 of your steps should be at a brisk pace. Wearing a pedometer or tracking your steps through a mobile app can help motivate you and keep your goals on track.

TAKE A STRETCH BREAK

Try to stretch or move around at least once an hour. Set an alarm every hour to remind you to get up and walk around. You can also try and incorporate stretch breaks into your presentation at your next meeting.



TRY ACTIVE COMMUTING

Cycling to work or walking when going to and from home and off-site meetings is a great way to boost your physical activity.

MAKE IT SOCIAL

Form a walking committee. Host a group exercise class. Encourage each other and help keep each other accountable to goals. Create physical activity challenges with [Healthy Workplaces](#) toolkits.

