

# 12 EASY WAYS to Enjoy ACTIVITY at WORK

1. **WEAR A PEDOMETER AT WORK.** Since every step counts, wearing a pedometer is wonderful motivator to move more during your workday.
2. **WALK AROUND THE OFFICE.** There's no need to sit still while you talk on the phone or think. Pacing and fidgeting are physical activity.
3. **WALK AROUND THE BUILDING.** Sometimes a face-to-face talk is the best way to communicate (and it gets you up and moving around).
4. **WALK UP (AND DOWN) THE STAIRS.** If you have a choice, always take the stairs. If you have stairs, take as many trips up and down as possible.
5. **WALK AROUND THE BLOCK.** Got a coffee break? Got a few free minutes? Take a walk outside and get some fresh air (and extra steps).
6. **WALK AND TALK.** Need to discuss something with a co-worker? A walking meeting can be more productive and healthier too!
7. **LIFT WEIGHTS WHILE YOU TALK.** Keep a weight near the telephone; pick it up when you get a call and pump your arms while you talk.
8. **TAKE A WEIGHT BREAK.** Feeling tired and bogged down? Take five minutes to lift your hand weights and get your blood flowing.
9. **WORK YOUR ABS.** You can strengthen tummy muscles while sitting in a chair. Sit straight, tighten muscles and release. Repeat.
10. **STRETCH YOUR ARMS AND LEGS.** Stuck at your desk? Use a resistance band for a five minute stretch. Your mind and body will be more flexible.
11. **STRETCH YOUR STRESS AWAY.** Tension in your shoulders, neck and back is easy to release with standing stretches and a resistance band.
12. **CHECK YOUR PEDOMETER.** How many steps do you take during a typical workday? Any ideas for adding a few more steps here or there?

