

15 Ways to be Active around the Workplace

It is easy to be active ... have a go at including some of these into your daily work routine.

- 1 Take the **stairs** instead of the lift
- 2 **Stand up** when talking on the phone instead of sitting
- 3 **Deliver** messages at work instead of emailing them
- 4 **Walk** or **cycle** to work
- 5 If you catch the bus to work, get off **two stops earlier** and walk the rest of the way
- 6 If you have meetings nearby, **walk** instead of driving
- 7 Place your print or photocopier as **far away as possible** from your desk so you have to get up and walk
- 8 Start up a **lunch time walking group**
- 9 Organise **walking meetings** instead of sit down meetings
- 10 Park a **10-minute walk away** from your workplace or park further from your destination
- 11 Take **regular breaks** every hour to stretch and move around. Maybe you can programme your computer to remind you
- 12 If you are in a large workplace, use the toilet that is **most distant** from your office
- 13 Invest in a **pedometer** and **count the steps** you do each day
- 14 Instead of making an internal phone call, get up and **go talk to the person**
- 15 Go for a **short walk** during your morning tea, lunch and afternoon break. Before you know it you've accumulated 30 minutes of physical activity over the day

- REMEMBER -

Every little bit counts!

We should regard every chance to move as an OPPORTUNITY not as an inconvenience