

How can I be more active at work?

- **Every hour get up from your desk for 1-2 minutes**
 - ▲ walk-to-talk rather than e-mailing, pick up some printing, go get a drink of water, etc
- **Stand while you are speaking on the phone**
- **Set your task reminder to stretch at your desk**
- **Make one of your breaks a walking break**
- **Go to a lunch-hour class with colleagues**
- **Sit on an exercise ball for some of the day**
 - ▲ Start with a few minutes and gradually build up
- **Bike or walk (all or part of the way) to work**
- **Ride the bus**
 - ▲ The walk to and from the bus stop decreases your sedentary time!
- **Walk or bike to meetings**
 - ▲ When distance and time allow

These are a few suggestions of how to decrease the amount of time we are sedentary throughout our work days — i.e. moving more throughout our work day.

These are in addition to getting longer, continuous bouts of physical activity each day!