



10 Tips to Stay Active at Work



Use these tips to get energized and stay healthy at work

1.



Walk, bike, or take public transit to work.

6.



Print from the printer farthest from your desk.

2.



Park in a spot farther away from the entrance.

7.



Walk to your coworker's desk to talk instead of e-mailing.

3.



Schedule walking meetings or physical activity breaks.

8.



Take a longer route to your desk.

4.



Take the stairs instead of the elevator.

9.



Place things out of reach in your office space.

5.



Sit on an exercise ball at your desk.

10.



Take stretch, walk, or other activity breaks every hour.