

HOW TO Move More AT WORK

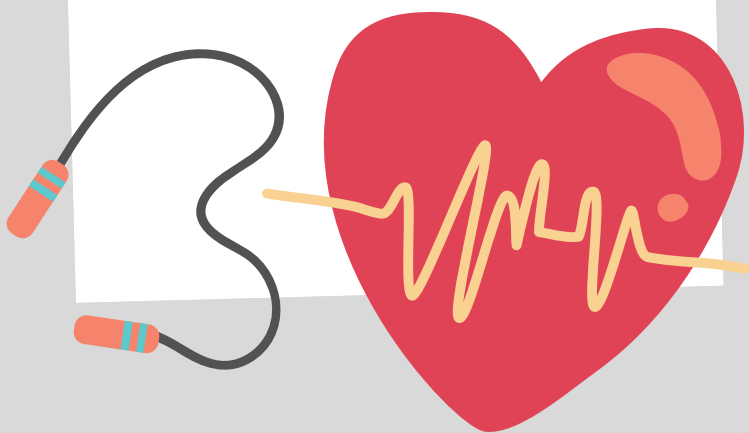


TAKE 5 TO 10!

It is recommended to get 30 minutes of physical activity most days of the week. Remember that *some* is always better than none, so try adding more movement whenever you can! Add a few 5- to 10-minute activity bursts throughout your workday to get your blood pumping and boost your energy. Getting ten minutes of continuous moderate activity three times a day can give the same health benefits as 30 minutes of nonstop exercise.

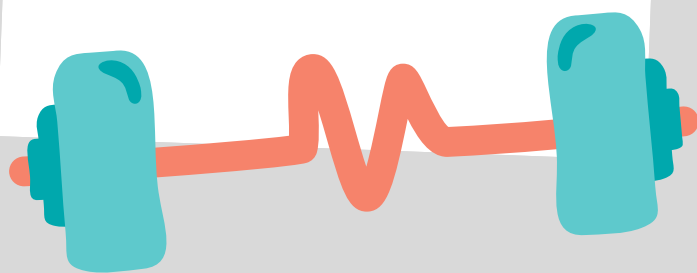
GET YOUR BLOOD PUMPING!

- Use 10 minutes of your lunch hour to go for a brisk walk.
- Walk up and down the stairs for 5-10 minutes.
- Work off some stress by dancing to your favorite music.



DON'T RESIST RESISTANCE

- Start your day with a few minutes of strengthening exercises, such as lunges, air squats, and bicep curls.
- Between meetings, slowly and carefully lift and lower weights for a few minutes. Use dumbbells, resistance bands, or whatever heavy items you have on hand.
- If you're on a long phone call, try doing squats or calf raises to strengthen lower-body muscles.



MIX UP YOUR WORKDAY

- Take your breaks in a different area than your desk.
- Stretch your muscles to help you relax and recharge.
- Set a timer to move at least once every hour. *Even if you are on a long Zoom meeting you can get up and move at your computer!*
- Form a virtual walking club with co-workers.
- Try walking during one-on-one meetings or long phone calls. *You may find you're more creative on your feet!*



MOVE FOR YOUR MIND

Physical activity has a significant impact on emotional, intellectual, and mental well-being. Something as simple as walking can boost your self-esteem and help you feel more in control of your own self-care. Being active outdoors is particularly beneficial to mental health, so try to step outside whenever possible. However you choose to move, your body and mind will thank you!