

# 25 WAYS TO BE MORE ACTIVE DURING THE WORKDAY

## SNEAK IT IN WEEK

1. Use your commute to do some extra walking. Park several blocks away, or get off the bus a few stops early.
2. Start a lunchtime walking club (aim for 10,000 a day!).
3. Use your morning and afternoon breaks to take brisk 10 minute walks.
4. Book a meeting room for a short yoga session.
5. Go “power shopping” and get active while running errands.
6. Build in a couple of 10 minute activity breaks for day-long meetings and conferences.
7. Plan off-site meetings at venues that offer access to fitness facilities, walking routes, running or biking trails.
8. Take the stairs instead of the elevator or escalator whenever possible.
9. Start a lunchtime stair-climbing club with friends at work.
10. Walk, run, cycle or in-line skate to work or during the lunch hour.
11. If you must drive to work, park a reasonable distance from your work so you can fit in a short walk.
12. Don’t overbook yourself. Schedule exercise time in your calendar and treat it as any other important appointment.
13. Keep inexpensive exercise equipment at work (small weights, resistance bands, etc.)
14. Stand while talking on the telephone.
15. Suggest holding meetings with colleagues during a walk inside or outside the building.
16. If you need to speak to a co-worker, walk to that person’s office or station rather than using email or the phone.
17. Stretch every hour if you sit at a desk.
18. If you’re able to leave your workstation from time to time during the day, plan regular intervals incorporating physical activity from a walk to the water fountain to stretching while you photo copy documents.
19. If you can’t leave your workstation, use official breaks to give your muscles some necessary stretching and relieve built-up tension.
20. If your workplace offers sport activities or has a fitness or wellness program, sign up for an activity or try a class.
21. Organize an active social outing for your co-workers to enjoy and encourage other departments to participate.
22. Use a pedometer to mark a set distance around your workplace, either indoors or out, and challenge your co-workers to completing a predetermined distance during the week.
23. Keep an extra set of workout clothes and shoes in your car or at the office, so they’re ready to use when you have a few spare minutes.
24. Arrange on-site activity classes including yoga, Pilates, relaxation skills or walking groups.
25. Access nearby facilities (gyms, rec centres, etc.) – see if you can get discounted memberships for your workplace.