

# MOVE MORE | Make it Count!



## Move More at Work

Science shows that being more physically active has many benefits for your heart, brain and overall well-being. Take advantage of all your opportunities to sit less and move more while you work. Every minute you move adds up, so make it count!

- Make it a habit to take the stairs instead of the elevator, for at least a floor or two. Once it gets easier, add another floor.
- Stuck on a long call or need an energizing break? Stand up and do some basic strength and balance exercises, like squats, desk push-ups, wall sits, calf raises, tree pose and chair pose.
- Keep small hand weights or a resistance band at your desk for bicep curls, lateral raises, rows, and overhead presses. Watch demos online or work with a fitness trainer to make sure you're doing exercises correctly to avoid injury.
- Use a farther breakroom or restroom, maybe even on another floor – and take the stairs each time you go.
- Form a walking club to walk together at work and participate in local walking events as a team.
- Get off the bus or train a few blocks early and walk the rest of the way. If you drive to work, park farther away from the entrance.
- Walk to a nearby restaurant for lunch instead of driving or ordering in.

### TIPS FOR SUCCESS

- Wear comfortable shoes and clothing you can move in or keep a pair of sneaks at your desk.
- Schedule physical activity breaks and reminders on your work calendar — and treat them like any other important appointment.
- Ask a coworker to be your “work out at work” partner. Remind and support each other to move more throughout the day. You'll help keep each other accountable and motivated!

### POWER UP!

While you're at it, add some intensity for even more health benefits. That means move faster or longer or with more effort so your body has to work a little harder.