

STEP INTO SHAPE



AT WORK

10 tips for increasing physical activity at work

- 1 Always take the stairs
- 2 Park far away from the front door
- 3 Go to the bathroom farthest from your desk
- 4 Hand-deliver messages instead of calling or emailing
- 5 Have a walking meeting
- 6 Start a lunchtime walking group
- 7 Print documents at a printer down the hall
- 8 Pace during a conference call
- 9 Take a 10-minute fitness break – stretch, do leg lifts, wall push-ups, jumping jacks, or walk in place
- 10 Wear a pedometer-aim for 10,000 steps