



Easy Fitness Tips to Be Active at Work

If you sit for long periods of time, these small, yet powerful changes can boost your mood, metabolism and active habits.



1. Walk for 15 minutes

Unplug, disconnect and go for a brisk, relaxing walk—outside or inside.



2. Ask for a standing desk

According to a 2012 study¹, desk workers sit for an average of 5 hours and 41 minutes per day. This interferes with physical health and can affect mental well-being too.



3. Say hello

Make the effort to speak with a co-worker face-to-face. Simply standing up and walking engages your muscles.



4. Have good posture

Bad posture can strain areas including shoulders, lower back, neck and wrists. Those 5+ hours sitting each day can add up to chronic conditions over time.



5. Take the stairs

If you have a long way to go, split the trip by walking partway up the stairs and using the elevator the rest of the way.

Check out our deskercise videos at: wespath.org/center-for-health/deskercise-videos/

¹British Psychological Society (BPS). "Office workers spend too much time at their desks, experts say." ScienceDaily. ScienceDaily, 15 January 2012.

sciencedaily.com/releases/2012/01/120113210203.htm

Adapted from nutrisavings.com

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Find more health and well-being information at



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