



# Ideas for Getting Active at Work

Want some ideas to increase your activity level throughout the day while you are at work? Most of us have sedentary jobs, and work takes up a significant part of our day. What can you do to increase your physical activity during the work day?

## Getting active at work:

- Keep a pair of comfortable walking or running shoes in the car or at work and you will always be ready for a walk or run.
- Go for a short walk during your lunch break.
- Start a walking group with work colleagues or friends and stick to a routine of certain days or times to go out together.
- If you work in an office, try to avoid long periods of sitting and get up as frequently as you can. You can do this by standing every time you take a sip of coffee or water.
- Walk the long way to the bathroom and kitchen.
- Park the car further away from work or get on and off the bus at a stop that is further away.
- Brainstorm project ideas with a coworker while taking a walk.
- Create an exercise accountability partnership.
- Walk during business calls when you don't need to reference important documents.
- Stand while talking on the telephone.
- Walk down the hall to speak with someone rather than using the telephone.
- Take the stairs instead of the elevator. Or get off a few floors early and take the stairs the rest of the way.
- Stay at hotels with fitness centers or swimming pools and use them while on business trips.
- Take along a jump rope or a resistance band in your suitcase when you travel. Jump and do calisthenics in your hotel room.
- Download some audio fitness coaching.
- Participate in or start a recreation league at your company.
- Form a sports team to raise money for charity events.
- Join a fitness center near your job. Work out before or after work to avoid rush-hour traffic, or drop by for a noon workout.
- Schedule exercise time on your business calendar and treat it as any other important appointment.
- Replace your office chair with an active core chair (ball chair)
- Use support from desk or chair to stretch out the shoulders and back

*\*\* Information courtesy of Camrose Healthy Lifestyle Coalition \*\**