

# 20 Tips to Move More at Work



1. Park further away from your office/classroom.
2. Sit on an exercise ball.
3. Consider a sit-stand workstation.
4. Stand up or pace while talking on the phone.
5. Move or stretch at least 3-4 minutes every hour.
6. Move your trash can away from your desk.
7. Eat your lunch away from your desk.
8. Walk instead of emailing or calling.
9. Take the long route to the restroom.
10. Take the stairs.
11. Spend half of your lunch walking.
12. Exercise at your desk.
13. Stand during long meetings.
14. Organize walking meetings.
15. Do partial squats while waiting for the copier/microwave/ fax, etc.
16. Wear a pedometer and set daily step goals.
17. Walk to meetings.
18. Perform a 10-minute yoga session during your break.
19. Bring a water bottle to work and walk to refill it frequently.
20. Exercise at the Wellness Center before, during, or after work.