

## **Increasing Physical Activity during the Work Day**

### **Physical activity improves your physical, mental, and social wellbeing!**

#### **Physical Benefits**

- Reduced risk of premature death from cardiovascular disease and stroke
- Reduced risk of developing high blood pressure, high cholesterol, diabetes, and some cancers
- Reversal of high blood pressure, high cholesterol, diabetes and other chronic diseases
- Increased muscle and bone strength
- Increased energy level

#### **Mental Benefits**

- Reduced feelings of stress, anxiety, and depression
- Improved concentration
- Enhanced memory and learning

#### **Social Benefits**

- Increased family and community connectedness
- Improved community networks and social capital
- Reduced sense of isolation and loneliness
- Enhanced social skills and self esteem

### **Simple ways to increase your physical activity while on the job:**

- Park further away from the workplace entrance
- Use one of your break periods to take a walk. Ask a coworker to go with you!
- Take short fitness breaks (3-5 minutes each) every hour throughout the day. You can even set your phone alarm to remind you.
- Walk up and down the stairs a few times
- Stand up and sit down a few times to loosen your muscles
- Organize your desk in a way that forces you to stand up to type, grab files, or answer the phone
- Sit on an exercise ball instead of a chair
- Water bottle arm lifts (or keep a set of small dumbbells by your desk)
- Get up and go talk to a coworker, rather than email
- Every time you go to sit down in your chair, do 10 chair squats before sitting down
- Hold a walking meeting
- Using the microwave? Pick an activity (squats, lunges, standing on one leg, heel raises, be creative) while you wait
- Get your 8 glasses of water in at work by taking 8 trips to the water cooler, water fountain, or sink