

Ways to stay fit at the work place

Some people get exercise because their jobs require physical activity. However, if you have a desk job or sedentary job, you may need to be creative to find ways to keep your body moving at work. Be sure to talk with your doctor before increasing physical activity.

Here are a few techniques that might work for you:

- Take active breaks- If possible, consider taking a brisk, 10-minute walk around the building. Even small chunks of activity, done throughout the week, can help improve your health. You may return to your work area feeling energized and upbeat, too.
- Be an active commuter- Ride a bike or walk to work if you live close enough to work. This provides aerobic exercise which increases heart rate and breathing (a benefit to your health), burns calories (helping control your weight), and may help reduce your risk of Type 2 diabetes, heart disease and other health conditions.
- Is your commute too far? Try parking your car farther from the office or getting off the bus or train one stop early. Then walk the rest of the distance- part of the commute will involve exercise.
- Invite the office team to start a walking group during breaks.
- Walk to a coworker's desk versus sending an email.
- Use the stairs instead of the elevator.
- Stand up during a telephone call.

By taking steps to add more movement into your workday, you can help ensure a more physically active lifestyle – one that benefits your health and well-being. Research suggests healthy adults require at least 2.5 hours of aerobic exercise a week along with strength training on at least two days. Any movement will help burn extra calories. So, look for more ways to keep moving.

This material is for informational purposes only and is not intended to be professional medical advice or treatment. Always seek the advice of a health care professional with any questions about personal health care status, and prior to making changes in approaches to diet and exercise.