

## How to be more active at work?

Getting 20-30 minutes of exercise a day helps your health and mood, but with today's sedentary lifestyle it isn't enough. Here are some tips to be more active during your work day.



Hold walking meetings or take a walk on your lunch break. Your goals should be

**10,000**  
steps per day



Alternate sitting and standing by setting alarm for every



**20-30** minutes

as a reminder to stand and do a quick stretch



Take the stairs instead of the elevator or try using a washroom on a different floor

Stand up when you take or place phone calls or walk over to talk to a colleague instead of emailing