

MAKE YOUR MOVE AT WORK



QUICK TIPS FOR MOVING AT WORK

- Stand, walk or wheel during phone calls
- Stand or move during meetings, whether in-person or virtual
- Schedule moving meetings (outside or inside) when possible
- Take the stairs when that's an option – even if you are just getting off the elevator a few floors early
- Use active transportation to get to and from work (walk/wheel, ride a bike or run, or combine any of those with public transit)
- Working from home? Do a “fake commute” – use what would be your travel time to get some movement instead
- Try a sit/stand workstation
- Visit a colleague at their desk instead of calling or emailing
- Take regular stretch breaks during the day



MAKE YOUR MOVE AT WORK



QUICK TIPS FOR MOVING AT WORK

- If you're waiting to use a microwave or printer, try some stretches, squats or arm circles
- Visit the washroom furthest away from your desk
- Set an alarm to remind you to move once per hour by taking a lap around your office or try some stretches, squats or jumping jacks
- Incorporate movement during break and lunch times
- Stay hydrated! This means more visits to the water cooler and the washroom

There are many easy ways to add more movement to your workday, and doing so has the potential to bring about many benefits, such as increased energy, focus, productivity and an improved sense of well-being.

To learn more about developing a culture of movement in your workplace, download our [Make Your Move at Work Toolkit](#).

