



6 ways to get moving during the workday

With all the long hours of sitting at our jobs, it can be difficult to get in a full workout. Luckily, there are many ways to add small periods of activity throughout your day. Here are six ideas to help you be more fit for life.

- 1. Turn your commute into an exercise opportunity.** If you work in an office, try biking to work. If you drive, park as far away from the building as possible to get a quick walk in.
- 2. Move every hour.** Set a timer to get out of your chair or try a new exercise. Allow yourself a few minutes to get a dose of movement. Even standing is good. Incorporating regular walks and stretch breaks helps our bodies and minds.
- 3. Challenge yourself.** Start as small as you like, but go for it: Complete a certain number of squats, pushups, sit-ups, or you-name-its over the course of the day. By pumping out 5–10 reps or 30–60 seconds each time, you'll increase your strength and stamina in no time.
- 4. Record your activity.** What you see gets done—there's a lot of power in writing things down and tracking progress over time. For each hour or day that you incorporate movement, check it off or log it using an app or notepad. You'll quickly see how your efforts add up.
- 5. Track your steps.** While research touts 10,000 steps or more per day for maximum health benefits, aim for 1,000 more than whatever you're currently doing—even a few thousand makes a difference. Every step (and stair) counts.
- 6. Be a force for the team.** From coworker challenges to walking meetings, be creative in rallying the crew for regular movement, friendly competition, and social support.



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