



Stop Sitting—Start Moving

Given today's world, you may be spending a lot of time sitting down while working from home. Studies show that sitting for six hours or more per day can greatly increase your risk for certain health conditions. Not to worry, though—you have many options when it comes to being more active during your workday. Physical activity will not only help to reduce your risk for health conditions, but will also help you manage anxiety, stay focused and burn off extra calories you may have consumed as a result of social distancing!

Here are five tips to incorporate activity into your daily work schedule:

1

Stretching is for everybody. You can stretch anytime, anywhere! Stretching increases blood flow to your muscles, plus improves flexibility and range of motion. At least once per hour, simply stand up and stretch. Start with a warm-up by walking in place for a minute. Then begin with a focus on major muscle groups, including your arms, neck, shoulders, lower back and legs. Focus on your breathing, and stretch both sides of your body by holding each stretch for approximately 15–30 seconds without bouncing.

2

Get moving during meetings. Movement improves blood circulation and creative output. For meetings that do not require video conferencing or use of your computer, put on a headset to call in or use the speaker function and mute—and get moving! Walk outside or slowly on a treadmill. You can also try some light and easy activities such as stretching, arm circles, walking lunges or your favorite yoga poses. Make sure your activity level is low so you can stop and contribute to the meeting when needed.

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3

Avoid eating at your desk. Standing up and moving away from your desk is proven to prevent illness and refresh your body. Crumbs and spills can be a breeding ground for infectious bacteria and toxins. Avoid the temptation to snack and eat lunch at your desk. Prepare your lunch with healthy fruits, vegetables, lean proteins and whole grains. Eat outside (weather permitting) to re-energize, minimize brain fog and get inspired by nature.

4

Take your workstation to new heights! Standing up for 15 minutes has a positive impact on your health for improved posture and increased blood flow. Find an elevated counter or table at which you can stand comfortably and work from for a short period of time per day. Make sure you are wearing flat, comfortable shoes.

5

Schedule activity breaks. It's important to take a break to relax your eyes and recharge your mind. Schedule reminders in your calendar to take breaks, get outdoors for a walk or clean up around the house by vacuuming rooms, wiping down doorknobs or sweeping floors.



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