



Tips to Move More at Work

Here are some suggestions that will help you move more at work. Use some of these to increase your activity or come up with your own task break idea. These brief but frequent interruptions are an important feature of healthy work both in the office or at home.

Move or stretch at least 2-5 minutes every half hour.

Hold an outdoor meeting or create a small walking group if proper distancing can be observed.

Park further away!

Take the stairs whenever possible.

Stretch or move while waiting for the copier/microwave/ fax etc.

Stand up or move while on the phone.

Use StretchBreak break software to move and learn new stretches.

Create and maintain a daily activity routine at work.

Keep an exercise log and try to increase or maximize your move time each week.

Wear a pedometer and set daily step goals. (Any activity/wearable tracker will do.)

Join an activity program and record your progress.

Consider a sit-stand workstation.

Move your feet by doing ankle circles or flexing them up and down to improve circulation.

Change your position or posture often.

Take a breather. Do 5 minutes of meditation while sitting or standing.

Use the waste bin/printer/fax/copier furthest away from your desk.

Eat your lunch away from your desk.

Stand during meetings and presentations if appropriate.

Stand while participating in a phone conference or webinar.

Perform a 5-minute stretching session in your office during your break.

Be sure to stretch your wrists, arms, and neck muscles after long hours of typing and mousing.

Move around or take a stretch break during long meetings.

Take a 5-minute break and dance to your favorite tunes.

Do jumping jacks in your office.

Take any food trash to the compost bin after eating.

Walk to get more water and stay hydrated throughout the day.

(updated August 2020)