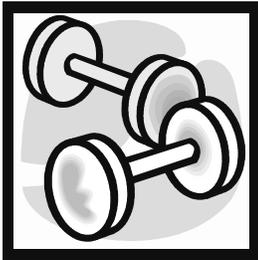


## 12 Easy Ways to Enjoy Fitness at Work

There are some serious benefits to increasing your physical activity at work. Even brief bursts of activity, like a 10-minute walk, can improve your concentration, creativity and performance (especially on detailed tasks). If your employer has a worksite wellness program, take advantage of fitness classes and activities. If not, create your own fitness program with four simple pieces of equipment: a comfortable pair of shoes, a pedometer, a set of light hand weights and a resistance band (like a Dynaband®).

1. **Wear a pedometer at work:** Since every step counts, wearing a pedometer is wonderful motivator to walk more during your workday.
2. **Walk around the office:** There's no need to sit still while you talk on the phone or think. Pacing and fidgeting are physical activity.
3. **Walk around the building:** Sometimes a face-to-face talk is the best way to communicate (and it gets you up and moving around).
4. **Walk up (and down) stairs:** If you have a choice, always take the stairs. If you have stairs, take as many trips up and down as possible.
5. **Walk around the block:** Got a coffee break? Got a few free minutes? Take a walk outside and get some fresh air (and extra steps).
6. **Walk and talk:** Need to discuss something with a co-worker? A walking meeting can be more productive and healthier too!



7. **Lift weights while you talk:** Keep a weight near the telephone; pick it up when you get a call and pump your arms while you talk.
8. **Take a weight break:** Feeling tired and bogged down? Take 5-10 minutes to lift your hand weights and get your blood flowing.
9. **Work your abs:** You can strengthen tummy muscles while sitting in a chair. Sit straight, tighten muscles and release. Repeat.
10. **Stretch your arms and legs:** Stuck at your desk? Use a resistance band for a 5-10 minute stretch. Your mind and body will be more flexible.
11. **Stretch your stress away:** Tension in your shoulders, neck and back is easy to release with standing stretches and a resistance band.
12. **Check your pedometer:** How many steps do you take during a typical workday? Any ideas for adding a few more steps here or there?