

# 51 ways to add more movement to your workday

An obesity expert at the Mayo Clinic Dr James Levine suggests ways to add more movement to your workday.

1. Walk or bike to work once a week.
2. Don't park your car in the spot closest to the front door. Instead, find the parking spot farthest away. (Take security into consideration of course!)
3. Take the stairs where possible – rather than the lift or elevator.
4. Stop the impulse to email. Instead, get up off your butt and walk to a colleague's desk to deliver a work message.
5. Walk 15 minutes before work. That's 7 minutes in one direction, and then turn around.
6. Walk 15 minutes at lunch.
7. Walk 15 minutes after your shift ends.
8. Walk 15 minutes after you park your car at home. Boom! You just put in an hour's worth of walking if you do options 5 to 8.
9. Consider commuting at least once a week. Walking to and from a bus or train stop could be a nice way to break up the routine.
10. Get a headset or a long handset cord, and pace while talking on the phone or listening to a conference call.
11. No room to pace? Then stand at your desk.
12. Boss won't spring for a standing desk? Then just stand while you're sorting mail or other tasks.
13. Stand while you're reviewing your schedule for the day.
14. Stand while you're reading paperwork or riffling through files.
15. Need to catch up with a colleague? Do it over a walk, not while standing at the water cooler.
16. Walk-and-talk meetings.
17. Standing meetings.
18. Create "walking trails" in your building. You could use different coloured pieces of duct tape or signs, to let trail walkers know just how far they've gone.
19. Relocate your pigeonhole or mailbox to the opposite side of the building.
20. Use the bathroom on the opposite side of the building.
21. Same goes for the microwave.
22. Ditto for the refrigerator.
23. Repeat for the water cooler.
24. Ditto for the coffee maker.
25. Same goes for the trash can.
26. Find a coffee spot that's a brisk 10-minute walk away. Make a point to walk there three times a week.
27. Bosses! Take your employees for coffee at aforementioned coffee shop. Conduct a walk-and-talk meeting along the way.



*GET UP STAND UP: At every possible opportunity.*

28. Operation #PedometerWars: Challenge your co-workers to get to 10,000 steps a day on their pedometer or fitness tracker.
29. Put social media to work. Post your fitness tracker results to Twitter and Instagram each day. Use the hashtag #PedometerWars.
30. Start a walking club. Meet three times a week before or after work for a 30-minute walk. Everyone starts together but proceeds at their own pace. Do it indoors and you never have to worry about the weather.
31. Grab your GPS and map out simple walking routes outside the office. Come up with a variety of distances. Create maps and distribute them.
32. Create friendly challenges among co-workers or departments. Tally up step counts once a month – with winners receiving a free healthy lunch shout!
33. Find a race that's friendly to walkers. Co-workers can gather for a walking session twice a week and then everyone trains on their own the rest of the time. Everyone lines up together at the start line but proceeds at their own pace.
34. Unleash your inner "Top Chef." Once a week hold a healthful potluck. Everyone brings in a recipe. Vote and crown a winner. Share the recipe.
35. Instead of Friday night happy hour, how about Friday night healthy hour? Bring in wholesome snacks to share before walking over to the local watering hole for a drink. Think of all the money and junk-food calories you'll save on bar food.
36. Replace the office lolly or chocolate stash with a fruit jar.
37. Replace the office lolly or chocolate stash with a nut jar.
38. Throw out the office lolly or chocolate stash.
39. Scout out fast-and-healthy lunch options that are a brisk walk away. Share the menus.
40. Bring your homemade healthy lunch to work twice a week.
41. Leave your lunch in a small chilly-bin or insulated bag in your car and walk to your car at lunchtime to retrieve it.
42. After eating at your desk, walk the chilly-bin or insulated bag back to the car.
43. Bring your chilly-bin or insulated bag in with you when you arrive, and then walk to a nearby park or green space to eat lunch.
44. Consider the businesses within walking distance of your job. Can you get in some walking while knocking out errands before or after work, or at lunchtime? Think about the dry cleaner, bank, post office, pharmacy or farmers' market.
45. Set an alarm to go off every hour on the hour. When it does, get up and take a short, brisk stroll or stand and stretch – and then get back to work.
46. Bring your coffee in an insulated container, and you can make your coffee break a walk break.
47. Start a private Facebook page and use it to share workouts, websites, recipes and anything else that will keep everyone encouraged.
48. Do you have a place that would be great for yoga, Pilates or guided meditation classes? Consider finding instructors to conduct classes before or after work.
49. Want to ramp up the workday workout? You could have a portable hydraulic stepper under your desk. Break it out during lengthy conference calls.
50. Instead of a traditional desk chair, consider a stability ball.
51. Turn fitness into a game of tag. When you're "it," you must complete a walk of a certain distance or activity before passing the baton to a colleague.