

Ten Ways to Work Out In the Workplace

Pennington Biomedical researcher Dr. Robert Newton says you can receive big health benefits over time by making small changes today.



1. Identify the times of day you sit for long periods of time.
2. Break up the time you spend seated by getting up and moving around every 30 minutes to an hour.
3. Use your breaks to get in some movement. Three 10-minute breaks can add up to 30 minutes of quality movement.
4. Walk around the office. Get up and grab some coffee or water. Instead of emailing or phoning, walk to a coworker's office or cubicle to have a conversation.
5. Walk at lunch. If you work downtown or in an area with restaurants, walk to lunch. If you take your lunch to work, try to carve out time before or after you eat to get your heart rate up.
6. Collaborate with a colleague. Walk or participate in other exercise together before, during and after work. You'll be more likely to stick to a regimen, if you're both committed.
7. Take the stairs rather than the elevator.
8. Investigate whether your company offers the option of a standing desk. If not, look into whether you can elevate your monitor and keyboard using a box.
9. See if your company has an employee wellness program that offers incentives such as giveaways or decreased health care premiums and work to achieve those goals.
10. Remember: It doesn't have to be all or nothing. Start small and work your way up.

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