

# 4 ways to make your workday more active

While everyone's work situation is different, think about where you might be able to fit physical activity in during this time. If you work in an office setting or from home, aim to **move for three to four minutes every hour** to reap benefits such as boosted **mood** and increased **energy, focus** and **productivity**. If you already work on your feet, stretching, picking up the pace or taking the longer route to the washroom, kitchen or breakroom all count.

Here are some ideas of ways you can get active at your desk/work. Print and post this tip sheet at your workstation as a daily reminder.

1



## Exercise to energize:

The work week in all its forms is tiring. It's helpful to tweak your state of mind and view **physical activity** less as a chore and more as a necessity for **boosting your energy**. Sometimes we don't move because we're tired, but research shows that getting active can be just what we need!

2



## Multi-task:

Find opportunities to get active while getting the job done. **Restocking shelves, taking meetings and calls on the move, or heading over to a colleague and speaking to them** in person rather than emailing or messaging them all count!

3



## Set movement break reminders:

Set reminders on your phone, computer or tablet. Treat your active breaks like other meetings by planning them and blocking the time in your calendar so you'll be more likely to stick with them. Examples of movement breaks could include **stretching at your desk, standing up every 20 minutes if you're able**, or pressing play on [ParticipACTION's Get fit as you sit workout video](#).

4



## Help establish a new social norm:

Be a leader by encouraging mid-meeting fit breaks or visibly stretching during the work day. Invite co-workers to join you or create a little friendly competition in your division/department with a **5-day walking or wheeling challenge** to see who can achieve the most steps or farthest distance — you might be surprised by just how infectious a more active workday can be!