

Be More Active at Work

Now, a health minute.

Most of us sit down to work these days. Sitting for long periods of time can hurt your health. But just because you work at a desk, doesn't mean you can't get up and move throughout the day for your health and your heart.

Take advantage of short bursts of time in your schedule to be active.

Take a walk break once per hour.

Stand, jog in place or stretch during a call or phone meeting.

A standing desk may be a good option for you.

While sitting, try to stretch or do seated exercises.

If you work in an office, try parking further from the front door.

If you work from home walk to get your mail.

Sitting at a desk doesn't mean you can't get active. Finding ways to get active during your workday will help keep you engaged, and help you stay physically healthy too.