

Staying Active While Working

The Importance of staying active...

Whether you are working at a desk or from home, it can quickly lead to a sedentary life. Staying active may seem like a simple but daunting task that can take some creative thinking and self-discipline. However, it is important for both your physical and mental health.

Here are a few tips to help get you moving!

Common Exercise Strategies:

Schedule your exercise

- It is important to stick to a routine that includes exercise. This can be an early morning workout or a post-work jog. Building exercise into your daily planner can help you stay on track.

Get up every hour

- Try setting a timer to remind you to get up for a few minutes every hour. Some apps and smartwatches can prompt you to stand or move around.

Sneak in extra movement

- Throughout your work day, look for opportunities and reasons to stand up and move. Try walking while you are on the phone or working at a standing desk.

Go digital

- Smartphone apps and many video streaming sites offer a wide variety of workouts and exercises for everyone at every ability level.

Use what you have

- Not everyone has fancy gym equipment. There are exercises that can be done with little or no equipment at all. Walking or running require nothing more than shoes, while sit-ups, push-ups, yoga, and other exercises require no equipment at all.



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and exercise, contact **Lifestyle
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