

GET EXCITED ABOUT MOVING MORE DURING THE WORKDAY

There are many easy ways to add more movement to your workday, and doing so has the potential to bring about many benefits, such as increased energy, focus, productivity and an improved sense of well-being. For some specific tips on how to move more while working from home, check out our “Move More Working from Home” info sheet as part of our **Make Your Move at Work Toolkit**.

Here are some ways you can start moving more today:

- Stand or go for a walk/wheel during phone calls
- Stand or move during meetings, whether in-person or virtual
- Schedule moving meetings (outside or inside) when possible
- Take the stairs when that’s an option
- Get off the elevator a few floors early
- Try using active transportation to get to/ from work (walk/wheel, ride a bike or run, or combine any of those with public transit)
- Working from home? Do a “fake commute” – use what would be your travel time to get some movement instead
- Try a sit/stand workstation
- Visit a colleague instead of calling or emailing
- Print the MYMAW stretch sheet and take regular stretch breaks during the day
- Waiting for the microwave or printer? Do some stretches, squats or arm circles!
- Visit the washroom/printer/water cooler furthest away from your desk
- Set an alarm to remind you to move once per hour (walk a lap of the office/ house, or do some stretches, squats or jumping jacks)
- Incorporate movement during break and lunch times
- Drink lots of water – hydrated means more visits to the water cooler and the washroom

