

Ways to Stay Active in the Office

1. Have standing or walking meetings
2. Track your steps
3. Try a standing desk
4. Mobility
5. Walk instead of calling or emailing
6. Stretch
7. Get moving at lunch time
8. Plank praying
9. Top of the hour 25 air squats or 10 pushups
10. Take the stairs
11. Turn waiting time into moving time
12. Lunge while waiting for your document to print

The “Active Office Challenge”

1. Get 1 mile of walking in, whether that’s during lunch, walking for a meeting, or walking from office to office along your daily work travels.
2. 10 minute break to mobilize your hips and shoulder blades
3. Accumulate 3 minutes in a plank while praying
4. Accumulate 100 air squats, push-ups or lunges over the course of the day, whether that’s 15 at the top of every hour, all at once at lunch, or half at the start and end of the day
5. 10 minute stretch break