

Moving and Shaking

Our Work Days Are Full Of Opportunities To Move More.

Here Are 10 Simple Ways To Get Up And Go!

Whether you're at the office or home, getting in more steps and a few extra moves can really add up – and possibly result in even greater health benefits than you'd get from a full-fledged workout. People who move continually, doing activities like walking, fidgeting, standing, laughing, cleaning, or climbing stairs at work, could burn up to 2,000 calories per day – no moderate or vigorous exercise required, according to a 2015 review in the medical journal, Mayo Clinic Proceedings.



- 1 **Become a stealth squatter:** Whenever you have a little private time – like when you're drying your hands in the bathroom – do some squats.
- 2 **Grab some granite:** While you're in the kitchen waiting for your coffee to perk, do some incline push-ups using the counter top.
- 3 **Take a computer time-out:** Take a break from your computer for 10 seconds every 10 minutes, and 10 minutes every hour. Stretch, walk, and get your blood flowing. Your work will be there when you're done.
- 4 **Stop sitting still:** A 2015 study in the American Journal of Preventive Medicine found that if you constantly fidget while you sit – bounce your legs, keep your arms moving – you may help counteract negative health effects of being sedentary, like poor posture and high BMI.
- 5 **Wear sneakers more often:** When your feet are comfy, you don't mind making more trips on foot.
- 6 **Stroll after meals:** Walking for just 15 minutes after you eat may help control your blood sugar, according to limited research from the George Washington University School of Public Health and Health Services.
- 7 **Put a deskcycle under your desk or workstation so you can pedal throughout the day:** A 35-year-old, 150-pound woman could burn 90 calories per hour.
- 8 **Get off the bus or train one stop early:** You'll gain a lot of extra steps.
- 9 **Stand on one foot:** You'll improve your balance and coordination, and strengthen the muscles in your feet, ankles, and legs (give each foot equal time). Tip: In public? Lift your foot only about an inch off the ground and no one will notice.
- 10 **Challenge your friends:** Research consistently shows that we exercise harder and better when we're pitted against others. Try to out-fitness your colleagues with activity tracker challenges.