

# You Time! Here's your office workout

Make staying active part of your work routine



We're all pressed for time in today's working world. But when it comes to your well-being, remember, you're the boss. So you need to take the steps to work movement into your schedule. Luckily, staying active at the office is only a matter of doing small bits of exercises throughout the day. You may not be able work out a full half-hour, but all of your small steps add up.

## While on the job, try:

- Using the stairs instead of the elevator.
- Walking to your co-worker's office instead of e-mailing or calling.
- Walking to the break room and back.
- Using the stairs to the bathroom one flight up.
- Looking away from the screen each 30 minutes or so to stretch. Roll your shoulders, arch your back, stand up and stretch your legs.
- Walking at the airport while on a trip for work. Or if you're driving, pull off at a park or a rest stop and take a five-minute walk.

## Before and after work try:

- Parking far away from the front door.
- Looking for a spot at your job where you can walk at lunch, during breaks or after work.
- Bringing exercise clothes with you so you can walk or jog nearby.



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