Easy Fitness Tips to Be Active at Work

If you sit for long periods of time, these small, yet powerful changes can boost your mood, metabolism and active habits.

1. **Walk for 15 minutes**
   Unplug, disconnect and go for a brisk, relaxing walk—outside or inside.

2. **Ask for a standing desk**
   According to a 2012 study¹, desk workers sit for an average of 5 hours and 41 minutes per day. This interferes with physical health and can affect mental well-being too.

3. **Say hello**
   Make the effort to speak with a co-worker face-to-face. Simply standing up and walking engages your muscles.

4. **Have good posture**
   Bad posture can strain areas including shoulders, lower back, neck and wrists. Those 5+ hours sitting each day can add up to chronic conditions over time.

5. **Take the stairs**
   If you have a long way to go, split the trip by walking partway up the stairs and using the elevator the rest of the way.

Check out our descrise videos at: wespath.org/center-for-health/deskercise-videos/


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