

Getting Chubby in Your Cubicle?

8 Tips to Get Moving at Work

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Like so many, I spend most of my day in front of a computer. Although I try to be aware of my posture (thank you mother for the constant reminders....) I've been known to spend hours and hours sitting—without much movement. So I avoid staleness of mind and stiffness of body by finding creative ways to move throughout the day.

Here's what works for me:

1. **Drink more water.** I loved this tip the first time I read it. More water=more trips to the bathroom. Even better, choose the bathroom farthest from your office. This tip kills two birds with one stone: hydration and activity!
2. **Identify reminders to get up.** Use your phone to set an hourly alarm. With each alarm, stand up, stretch, and do one lap around your office. Or rather than set an actual timer, I rely on the music site I use to tell me when to get up. When the music times out and goes quiet, I know it's time to get up and move.
3. **Walking meetings.** Consider if any of your meetings can be done while walking, then put on some tennis shoes and head outside. You may find that the change of scenery and fresh air will be stimulating and may lead to some good problem solving!
4. **Stand up while you chat.** When someone stops by to talk to me, I often stand up. Not only am I looking them in the eye, but it gives me a chance to stretch my legs. When I'm on calls, I try to stand and pace back and forth.
5. **Every time you finish a task, take a stretching break.** When I check something off my "To Do" list, I stand up and stretch. Shoulders, neck, back...whatever feels tight gets a quick stretch.
6. **Deliver messages in person.** In this era of Instant Messaging, we can easily fall prey to letting our "fingers do the walking." Make a point of getting out of your chair and speaking to co-workers in person. Not only will it get you moving, it will improve workplace camaraderie.
7. **Park on the far end of the parking lot.** The extra walk in the morning to get to your office can help you arrive invigorated and ready to start the day. Not to mention the extra calories burned can add up to 1-2 pounds per year—just enough to compensate for our aging metabolisms!
8. **Utilize your lunch break to exercise.** This is valuable time each day. It can be used for a formalized trip to a nearby gym, a quick game of racquetball with a co-worker, or a power walk around your building.

Whether you try one or all of these tips, there is no down side to moving more at work. You will be more productive, you will feel better, and your body will thank you for years to come!

