



MHealthy Physical Activity:

Adding Activity to Your Workday



Here are a Few Tips on How You Can Be a Little More Active at Work!

- During breaks, move around the building or down the hallways
- Take the stairs, if possible, instead of the elevator, even if it is only a flight or two
- Get coffee or use the restroom on another floor rather than choosing the one closest to you
- Park several blocks away and use your body to travel the extra distance
- Get off the bus a stop early and use your body to travel the extra distance
- Keep comfortable walking shoes at work for walk breaks
- Deliver messages in person rather than using email or the phone
- Take a stretch or walk break after completing tasks that require you to be stationary
- Set an alarm or post a note to remind you to take an activity break