

10 Ways to Work Out in the Workplace



Pennington Biomedical researcher Dr. Robert Newton says you can gain big health benefits by exercising while at work. His 10 tips:

1. Identify the times of day you sit for long periods.
2. Break up the time you spend seated by getting up and moving around every 30 to 60 minutes.
3. Use your breaks to get in some movement. Three 10-minute breaks can add up to 30 minutes of quality movement.
4. Walk around the office. Get up and grab some coffee or water. Instead of emailing or phoning, walk to a coworker's office or cubicle to have a conversation.
5. Walk at lunch. If you work near restaurants, walk to lunch. If you take your lunch to work, try to carve out time before or after you eat to get your heart rate up.
6. Collaborate with a colleague. Walk or participate in exercise together before, during or after work. You'll be more likely to stick to a regimen if you're both committed.
7. Take the stairs rather than the elevator.
8. Investigate whether your company offers the option of a standing desk. If not, see if you can improvise a standing desk by elevating your monitor and keyboard on a box.
9. See if your company has an employee wellness program that offers incentives such as giveaways or decreased health care premiums and work to achieve those goals.
10. Remember: Exercise doesn't have to be all or nothing. Start small and work your way to better health.