

BE ACTIVE AT WORK

Move more

- Park your car further from the office
- Schedule a lunchtime run or walk
- Take the stairs
- Travel actively to work
- Simple exercises at your desk

Sit less

- Take regular breaks to stand and move [set an alarm to remind you]
- Stand or pace whilst on the telephone
- Try a sit-stand desk
- Take a walking meeting
- Walk and talk rather than emailing



**MOVE MORE
OFTEN**



BE ACTIVE



**EVERY MINUTE
COUNTS**



STRENGTH