Tips to Move More at Work

For job duties that involve sitting for the majority of your work, such as a typical office worker, managing your movement throughout the day is an important tool to counteract the long term effects of sedentary work. Here is a list of suggestions to add movement to your work day. It has general become accepted in the ergonomic profession that we should move for at least two minutes after every half hour of sitting. These suggestions along with your own habits should hopefully allow everyone to meet or exceed this.

Hold a walking meeting.
Organize group walks during lunch or breaks.
Park further away.
Walk to communicate instead of calling, emailing, or texting.
Take the stairs whenever possible.
Stretch or move while waiting for the copier/microwave/ fax etc.
Stand up or move while on the phone.
Use StretchBreak software to stand and learn new stretches.
Create and maintain a daily activity routine at work.
Wear a pedometer and set daily step goals.
(Any activity wearable/tracker will do.)
Wait by walking instead of sitting.
Fidget and squirm, you will burn more calories!
Consider a sit-stand workstation.
(Be careful what you wish for.)
Move your feet by doing ankle circles or flexing them up and down to improve circulation.
Change your position or posture often.
Take a breather. Do a couple of minutes of meditation while standing.
Use the waste bin/printer/fax/copier furthest away from your desk.
Eat your lunch away from your desk.
Stand during meetings and presentations if appropriate.
Stand while participating in a phone conference or webinar.
Perform a short stretching session in your office.
Work on your balance with a single leg stance.
Be sure to stretch your wrists, arms, and neck muscles after long hours of typing and mousing.
Move around or take a stretch break during long meetings.
Do jumping jacks in your office.
Take any food trash to the compost bin after eating.
Walk to get more water and stay hydrated throughout the day.