• Take the stairs instead of the elevator
• Park at the far end of the parking lot
• Go to the restroom on a different floor
• Eat your lunch away from your desk
• Stay hydrated during the day by taking frequent water breaks
• Stand while talking on the phone
• Go talk to a coworker instead of sending an email
• Plan to make your next meeting a walking meeting
• Practice good posture to increase circulation and muscle flexibility
• Do upper body stretches while reading emails
• Walk around your building during lunch to aid digestion
• Have a walking buddy at work to keep you accountable for moving more
• Make sure to take a stretch break during meetings that last longer than an hour
• While sitting, raise your legs and do ankle circles to keep your blood flowing
• Take 3 - 4 minutes every hour to get up and move around