1. Move or stretch at least 3-4 minutes every hour.

2. Organize group walks during lunch or breaks.

3. Add steps to your day the easy way, park further away!

4. Take the stairs when traveling less than 2 flights.

5. Wear a pedometer and set daily step goals.

6. Change your position or posture often.

7. Eat your lunch away from your desk.

8. Stand while participating in a phone conference or webinar.

9. Walk to meetings on and off campus instead of driving.

10. Move around or take a stretch break during long meetings.