



50 Tips to Move More at Work

1. Move or stretch at least 3-4 minutes every hour.
2. Hold a walking meeting.
3. Organize group walks during lunch or breaks.
4. Add steps to your day the easy way, park further away!
5. Walk to communicate instead of calling, emailing, or texting.
6. Use your lunch hour to walk/exercise AND grab a healthy bite.
7. Take the stairs to another floor's restroom.
8. Take the stairs when traveling less than two flights.
9. Get off the elevator 2 or 3 flights before your floor and take the stairs the rest of the way.
10. Use a full water bottle to do some strength training exercises like pressing it up over your head or bicep curls.
11. Do partial squats while waiting for the copier/microwave/ fax etc.
12. Do calf raises while waiting for the copier/ microwave/fax etc. or while on the phone.
13. Stand up or march in place while on the phone.
14. Keep a resistance band to perform strengthening exercises in your office.
15. Use [CtrlWORK](#) break software to stand and learn new stretches.
16. Join a fitness class at lunch.

17. Take an extra lap around the building whenever you get up.
18. Create and maintain a daily activity routine at work.
19. Keep an exercise log and try to increase or maximize your move time each week.
20. Wear a pedometer and set daily step goals.
21. Start a walking club.
22. Get competitive: see who can walk the most steps each week.
23. Join the UCR WalkingFit program and record your activities.
24. Wait by walking instead of sitting.
25. Fidget and squirm, you will burn more calories!
26. Consider a sit-stand workstation.
27. Move your feet by doing ankle circles or flexing them up and down to improve circulation.
28. Change your position or posture often.
29. Use [CtrlWORK](#) to remind yourself to get up at least every hour.
30. Take a breather. Do 5 minutes of silent meditation while standing.
31. Use the waste bin/printer/fax/copier furthest away from your desk.
32. Eat your lunch away from your desk.
33. Stand during meetings and presentations.
34. Stand while participating in a phone conference or webinar.
35. Practice good posture; keep the curves in your spine.
36. Join the MobileFit program and participate in convenient fitness classes throughout campus.
37. Do upper body stretches while reading emails.
38. Walk to meetings on and off campus instead of driving.
39. Exercise with a buddy at work.
40. Visit the new UCR track to walk, jog, or run laps.
41. Explore places on campus you haven't been to by foot.
42. Use the cardio machines at the Student Recreation Center.
43. Start or join a mid-morning stretching group.
44. Perform a 10-minute yoga session in your office during your break.
45. Work on your balance with a single leg stance.
46. Be sure to stretch your wrists, arms, and neck muscles after long hours of typing and mousing.
47. Move around or take a stretch break during long meetings.
48. Take a 5-minute break and dance to your favorite tunes.
49. Do jumping jacks in your office.
50. Walk to get more water and stay hydrated throughout the day.



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