

Keep your Work Day Active!

□ Stand up

- Stand up when reading documents. Use a higher surface for any tasks possible to promote standing.

□ Phone calls

- Stand up when you take telephone calls.
- If taking from your cell phone, take a short walk outside during the call.

□ Print locally

- Use a shared printer rather than one in your office

□ Meetings

- Walk to co-workers with questions rather than a phone call or email
- Make your small meetings with co-workers “walking meetings”
- Encourage standing during meetings

□ Take the Stairs

- Take the stairs

□ Drink Water

- Drink water all day! It’s good for your body and will promote restroom breaks throughout the day.

