

LimbPower #GetMoving #MoveMore at work



1 Talk standing up

Whenever talking on the telephone, stand up if you can and if possible, walk, wheel or pace.

2 Time out

Set an alarm and stand every 30 minutes or every hour to burn calories and prevent lower back pain.



3 Water weights

Use a full water bottle to do some strength training exercises like pressing it up over your head or bicep curls.



4 Take Control

When you stand up and sit down try not to use your hands. Use your leg muscles and core muscles to control your movement when you rise up from sitting or when you lower from standing.



5 One step at a time

Walking just two flights of stairs daily burns enough calories to lose six pounds in a year. Set yourself a daily goal starting with one flight of stairs. A typical staircase has 10 steps.

6 Working lunch

Use your lunch hour to walk/exercise and remember to grab a healthy bite. If you are stuck at your desk for long periods of time do some toe taps. Keep a tennis ball under your desk and roll it around with your feet!



IN PARTNERSHIP WITH:

