



Work in a Workout

Exercise can take many different forms. The goal is to spend more time moving. For example, for every hour or two that you're sitting at your desk, take at least a five-minute break. Stand up, stretch, walk around or climb stairs if possible.

Here are four more ways to sneak exercise into your busy day:

- 1** Stand up and walk while taking work calls instead of sitting.
- 2** Walk down the hall to speak with a coworker, instead of calling or emailing.
- 3** Climb the stairs instead of taking the elevator.
- 4** Park farther away from buildings. Or get off the bus or train a stop early so that you get in more steps.