

Ideas for...

Fitting in Physical Activity over an 8 hour work shift

8:00 a.m.

Walk or bike to work, if possible. If you drive, park at the far end of the lot and enjoy the walk. Climb stairs to get to your office or work station.

10:00 a.m.

10 minute stretch break. If at a computer job, this is especially important.

12:00 noon

Take a 20 minute walk with co-workers over the lunch hour; use exercise room, or take fitness a class, if available.

3:00 p.m.

Take another stretch break, and drink a glass of water.

5:00 p.m.

Walk or bike home, if possible. Or enjoy the walk out to your car at the far end of the parking lot.