



## Shape Up Your Workplace

A Monthly Series brought to you by Get Healthy CT

### Workplace Wellness Idea #11: Build Exercise into the Workday

Get Healthy CT aims to provide businesses with ideas that will facilitate healthy behaviors of their employees to improve employee satisfaction, productivity and showcase the employer as a role model for health. To support this, we will provide a “Workplace Wellness Idea” each month that employers can implement at low or no cost.

**Build Exercise into the Workday:** Employees spend many hours at work. If your employees spend many of those hours sitting at a desk or behind a wheel, it can be detrimental to their health. It is important that they get up and move during the day. You can encourage them to build low level physical activity into the workday by suggesting helpful tips such as:

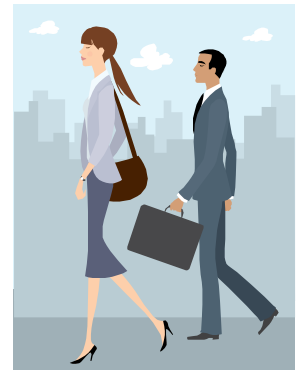
- Bring your sneakers to work so that you can easily walk throughout the day
- Take the stairs not the elevator
- Walk to work or take the bus if you can
- Park further away from your office if you drive to work
- Do easy stretches while sitting at a desk or behind a wheel

Attached are some easy tips for how to exercise at your work station or throughout your work day.

For more helpful tips and local physical activity resources please visit [GetHealthyCT.org](http://GetHealthyCT.org) or e-mail [gethealthyct@ghct.org](mailto:gethealthyct@ghct.org).

*Let's work together to help make the healthy choice the easy choice in the workplace!*

Many employees spend more time awake at the office than at home, and often sit at a desk for the majority of their work day. Help your employees fit some physical activity into their day by encouraging them to:



**Walk during your lunch or break time.**

**Use the bathroom or printer that is furthest away from your desk.**

**Hold walking or standing meetings.**

**While waiting for a meeting, stand up or pace back and forth instead of sitting.**

**Walk to talk with your co-workers instead of calling or e-mailing them.**

**Stretch while sitting at your desk: raise both arms above your head, reach high, and count to ten. Use a resistance band to add more tension and maintain a good posture.**

**Walk to a local coffee shop or store for a quick break.**

**Make it a habit to walk around while you are on the telephone.**

**Find a mile-long walking route around your office and share it with your co-workers.**

**Set an alarm on your calendar that reminds you to get up and walk a little every hour.**

**Stretch your shoulders at your desk: sit upright and lift your left shoulder to your ear, exhale as you lower and circle your shoulder around and back, repeat three times alternating left and right.**