

Tips: Be More Active During Work Hours

Be more conscious of how much you walk or stand during your work hours. Simple changes to the way you move about the office can add up, such as:

- Walking across the hall to talk to a co-worker instead of sending an email
- Taking the stairs instead of the elevator
- Standing to answer the phone
- Parking your car further away from the entrance
- Taking a longer, roundabout way to your desk
- Creating a reminder in your google calendar to stand up, be active and take stretch breaks. Add office stretches to these reminders.
- Hold walking and/or standing meetings
- Utilize the [wellness resources](#) available to you at MRU
- Join the annual MRU health challenge event
- Use technology to encourage you to move (smart phones and fitness trackers allow you to realize, track and change you behaviour and activity)