



Staying fit in the workplace: 5 ways to be active

Sitting for many hours during the day can be bad news for your health. It can slow your body's metabolism, increasing your risk of weight gain, high blood pressure and chronic illnesses such as type 2 diabetes. That's why it's important to be as active as possible on every work day. Try to build physical activity into your work day by doing the following:

1 Stand during work tasks

Use a standing desk for some of the day and stand up to take or make phone calls.

2 Move during your lunch hour

Walk briskly around the local park or shopping centre, or go to a gym class.

3 Take meetings on the move

Suggest walking meetings with your colleagues or manager. Take a walking meeting outside for fresh air and to get moving.

4 Be active on your way to work

Cycle or walk to work, or stand up on public transport and get off the bus a few stops early and walk the rest of the way to work or home.

5 Break up blocks of sitting

Set your phone alarm to remind you to get up from your desk every 20 minutes and move for two minutes.

For more information about staying fit, visit the Jean Hailes website at: www.bit.ly/movemoreJH

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Disclaimer This resource is designed to be informative and educational. It is not intended to provide specific medical advice, or replace advice from your health practitioner.

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