

TIPS FOR INTEGRATING MOVEMENT INTO YOUR WORKDAY

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OBJECTIVES

Make it a routine.

Begin by scheduling time for intentional movement just as you would an important meeting or a task. For instance, you might perform one movement after you've finished checking your morning emails, another post-lunch and one more toward the day's end. In my experience, these short bursts of activity can help break the monotony, recharge the brain and keep you energized.

EXERCISES TO DO AT YOUR DESK

- **Desk Push-Ups:** This movement can benefit your core and upper body.
- **Chair Dips:** This move is great for a quick "pick-me up". Focuses on your triceps.
- **Seated Torso Twists:** This move is excellent for breaking the monotony of prolonged sitting and improving core strength.
- **Standing Leg Curls:** This exercise helps us balance out the effects of sitting for an extended period of time. Easy but effective.



AT A GLANCE

MOTIVATION

- Everything is hard before it is easy.
- If the plan doesn't work, change the plan not the goal.



SOLUTIONS

- Use technology to your advantage. Set reminders on your phone/computer to alert you when it's time to move.
- Double up on tasks. Waiting for your coffee to brew? Why not do some leg curls.
- Get your colleagues involved!
- Measure and reward yourself. Track your consistency, even if it's just mentally noting down the workdays you manage to integrate exercises. At the end of the week or month, reward yourself for sticking to your movement goals.