

5 ways to turn your **WORKDAY** into a **WORKOUT**



1. Turn your commute into a workout

Walk, cycle, or jog to work, instead of taking a car, train or bus. Bring a change of clothes and watch for traffic. Consider getting off the train one stop early if it is safe and feasible to do so.

2. Hit the gym at lunchtime



Join a gym or racquetball club near your work, and work out during your lunch break. Exercise midday helps you focus on work afterwards, and will leave you feeling energized.



3. Walk while you talk

Get up and move around when you are on the phone. Don't be chained to your desk. Walking around while talking helps get oxygen to your brain, so you will be sharper on the phone as well as fitter!

4.

Work standing up



Find a way to work while standing. Use taller desks to work from or get a standing desk. Too much sitting is detrimental to your spine, digestion, and concentration.

5. Meet, don't just text

Use the "sneaker network" instead of email. If a colleague is on the same floor or in the same building, go and meet them instead of just texting, calling or emailing. More social contact improves workplace dynamics and it gets your blood flowing.

