10 Ways to Move More at Work

- Set an alarm to get up and stretch every hour.
- Take the long route to the restroom or printer.
- March in place while talking on the phone.
- Try a step counter and aim for 10,000 steps per day.
- Hold a walking meeting.
- Take the stairs, not the elevator.
- Take a brisk walk around the building on your breaks.
- Keep an exercise band at your desk. Do bicep curls in between tasks.
- Host a wall-sit competition at lunchtime.
- Do calf raises while waiting at the copier.