

# 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.**



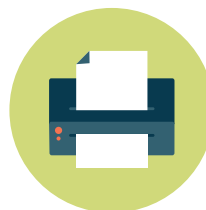
**Take a brisk walk around the building on your breaks.**



**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.**