



5 simple ways to “sneak in” physical activity during your workday

Sneak It In is all about squeezing in small bouts of physical activity during your workday.

While everyone’s work situation is different, think about where you might be able to fit physical activity in during this time. If you work in an office setting or from home, aim to **move for three to four minutes every hour** to reap benefits such as boosted **mood** and increased **energy, focus** and **productivity**. If you already work on your feet, stretching, picking up the pace or taking the longer route to the washroom, kitchen or breakroom all count.

Here are 5 simple ways to bring a more active workday within your reach:



1 Active transportation: If you’re able, walk, wheel or cycle to and from work, even if it’s just for part of the way. Taking public transit? Get off a stop or two earlier or take the stairs instead of escalators at stations. Driving? Park farther away from your destination. Working from home? Go on a walk or wheel before and after work to simulate a commute.



2 Exercise to energize: The work week in all its forms is tiring. It’s helpful to tweak your state of mind and view physical activity less as a chore and more as a necessity for boosting your energy. Sometimes we don’t move *because* we’re tired, but research shows that getting active can be just what we need!



3 Multi-task: Find opportunities to get active *while* getting the job done. Restocking shelves, taking meetings and calls on the move, or heading over to a colleague and speaking to them in person rather than emailing or messaging them all count!



4 Set movement break reminders: Set reminders on your phone, computer or tablet. Treat your active breaks like other meetings by planning them and blocking the time in your calendar so you’ll be more likely to stick with them.



5 Help establish a new social norm: Be a leader by encouraging mid-meeting fit breaks or visibly stretching during your shifts. Invite co-workers to join you — you might be surprised by just how infectious a more active workday can be!

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