

Ten quick ideas for employees: How to fit activity into your working day



1. Have a **walking meeting** with an audio-only phone call
2. Take an active lunch break – get away from your screen and go for a walk, run or cycle (get straight into your workout gear in the morning for added motivation)
3. Do an active or even "pretend" commute if you're working from home and use the time to move
4. Take regular short breaks – 1-2 mins every 30 mins and 5-10 mins every hour just walking up and down the stairs or doing some simple stretches
5. Stand up more regularly – walk around or explore using a raised desk
6. Do some simple **sitting exercises** at your desk
7. Schedule it in your diary and make it your priority
8. Explore the Join the Movement **home workout resources** and find something you enjoy
9. Get active with a friend or colleague – exercising together can be great way to catch up and increase motivation and enjoyment (please check restrictions in your area)
10. Set yourself a **fitness challenge** for structure and added incentive