



Workout at Work: Improve productivity and energy

Regular physical activity, for 30-60 minutes, three to five times a week or more, has many health benefits. However, getting started or maintaining an active lifestyle can sometimes be difficult, especially when you spend most of your day at work. Getting away at lunch for a good walk isn't always possible, and at the end of a hectic day the last thing you want to do is try to get to the gym or find the motivation to work out on your own schedule. So here's a great idea. When you're short of time, turn your coffee or lunch break into wellness time.

There are many activities and exercises you can quietly do at or near your desk. You should keep the momentum of your day going so that it doesn't become boring and it may feel like it goes by twice as fast while you are at work. Your energy levels will boost, stress relieved and calories burned all at the same time. It might just be the most productive break or lunch hour of your day!

Increasing our activity levels can help to protect against coronary heart disease, stroke, obesity, type 2 diabetes, hypertension (high blood pressure), colorectal (bowel) cancer, stress, anxiety, osteoarthritis, osteoporosis and low back pain. Physical activity helps people to manage stress, back pain, weight and medical conditions. Active people fall ill less often and recover more quickly when they do get ill and employees who participate in workplace physical activities have reported greater enjoyment of their work, increased concentration and mental alertness and improved cooperation and rapport with colleagues.

Activities to Do At Work

Sit on an exercise ball instead of a chair. This will strengthen your abs and back and you'll work on your posture without even trying.

Set an alarm to go off every hour to remind you to stand up and move around. Even if you just swing your arms or take a deep breath, you'll feel more alert.

Upper body exercises with free weights. Keep weights in your drawer and do a few curls while you're on the phone. In a pinch grab office supplies like a stapler or paperweight.

Lower body exercises using you own body. Stand up and do some squats or lunges. Remember to keep your knee behind your toe to prevent injury. You can even get up on your toes and squeeze out some calf pumps.

Use a walking route on your coffee or lunch breaks. Many workplaces will provide a walking map with routes of varying length. If you're feeling adventurous, create your own!

Invite your colleagues to stand or walk for brief meetings. Instead of coming together in the conference Room you can get a little work in on your lower body.

Equipment Needed

A few items you may find handy to keep in your office, cubicle, desk drawer or locker include: a large exercise ball, free weights, walking shoes, athletic clothing, water bottles, a stable office chair, yoga mat and good exercise shoes.