



INCIDENTAL ACTIVITY

People often relate physical activity with structured and strenuous exercise that involves things like a gym routine or a regular 10km run. These forms of exercise are great, but we know that they take time and planning, and some of us struggle to make the commitment. However, just by consciously moving more particularly in the workplace, you can add huge amounts of activity into your day without adding any extra time pressure. It's an important realisation because if fitting structured exercise into your schedule is hard or often disrupted by other commitments, you won't stick with it. Why not adopt some of the tips below:

- ✓ *Stretch/keep moving whilst waiting for the kettle to boil or the microwave*
- ✓ *Ensure you get out of your seat once per hour, set a reminder in your calendar*
- ✓ *Take a minimum 10 minute lunch time walk to break up the day. If it's raining, go to a gym or shopping centre where you can walk around inside*
- ✓ *Go to the bathrooms that are on another level of your building (make sure you take the stairs to get there though)*
- ✓ *Have a 'no internal phone calls' day, where you cannot call staff on your level/in your building. Face to face communication is proven to be more effective at building rapport, so this is an added bonus.*
- ✓ *Similarly, have a 'no internal emails' day, where you cannot email staff on your level/in your building, to encourage more face-to-face communication*
- ✓ *Schedule a 'walking' activity with colleagues over lunch time. Some organisations have a weekly walking group which is hosted and lead by a different team each time.*
- ✓ *Take comfortable walking shoes to work: to encourage you to walk at break time but also look after your feet.*
- ✓ *If you buy your lunch, choose a location that is further away from your office*
- ✓ *Use a small cup or water bottle so that you have to walk to re-fill it regularly.*
- ✓ *If driving to work, park your car 1km+ further away from the office*
- ✓ *If catching public transport to/from work, get off a stop earlier*
- ✓ *When on the phone, stand up or walk around your office.*
- ✓ *Put your bin on the other side of the office.*
- ✓ *Encourage walking meetings with colleagues*

