



Increasing Activity for Desk Workers

Be realistic

Your goal should be 150 minutes of moderate activity each week, in addition to strength exercises 2 or more days a week. If this isn't realistic or sustainable what can you build into your day to become more active? Why not use the stairs instead of the lift, park the car further away from the office, or get off the bus a stop earlier. Something is always better than nothing.

Use lunch time

Going for a walk at lunchtime is a great way to get moving and meet like-minded people who may also want to increase their activity levels.

Set up a club

There are likely to be many others within your organisation who would like to become more active and setting up a club will help maintain motivation. Or try arriving at work 10 minutes early and make it the norm to do a stretch session before the day begins.

Set an office challenge

Setting goals can be a great motivator, especially when you have other people involved. Why not try a fun event together, such as the Change for Life 'Couch to 5k' or for those more active, consider a team mud run or obstacle course.

Use your day wisely

Can you add more activity into your day even if it's just for five minutes each day? Could you walk whilst talking a phone call or when you are waiting for the kettle to boil? Small changes can make a big difference.