



Keep Active as a Remote Worker

Set reminders

It's easy to become absorbed in work and then several hours later you realise you've not moved. This is not good for your long term wellbeing so try and set an alarm, calendar reminder or write a note to yourself to remind you to move every 30-60 minutes.

Break up journeys

If you regularly travel long distances plan frequent rest stops. This will allow you to stretch your muscles, break up sitting time and stay alert.

Take a walk

If you regularly work from home, take a walk before you start. This will help to establish a work and home barrier and set you up for the day.

Stick to office hours

It can be tempting to ignore traditional working hours, miss lunch and work in to the evening if you work at home. This leaves less time available to keep active. Try to establish some clear boundaries and do your best to stick to them.

Source local facilities if you are away

Try to maintain routine, even when you are away from home. Find and book local leisure facilities you can attend in the area you are visiting.