



Reduce Inactive Behaviour

Office hacks

Walk and speak to people rather than sending an email. Stand up and pace around whilst taking phone calls. Move rubbish bins away from your desk and keep hydrated to promote more trips to the toilet.

Set goals

Setting achievable and realistic targets can be a great motivator. Remind yourself why you are changing your behaviour and focus your energies on seeing yourself succeeding.

Walk more often

Make better use of your lunch break by booking out time in your diary to take a walk. Where appropriate, consider walking to and from work/ external meetings or having a walking meeting with your colleagues.

Avoid sitting for too long

Set regular reminders to get up and move around every 30 minutes. Use a post it note, outlook reminder or an alarm on your phone to keep you moving.

Be active with a friend

Committing to change with a friend means you can encourage each other to succeed. You'll be less inclined to let the other person down and you may even generate a little healthy competition!