

10 tips to be more active

At worksite



1. Use the stairs. If there are many floors, combine the stairs with the lift.

2. Do activities standing while: you talk on the telephone, you classify documents, you make photocopies or wait for a telephone call.

3. Instead of using the telephone, walk over to a colleague to talk (if you work in the same building).

4. Engage yourself in the organization and / or participate in the activities that promote physical activity at the worksite.

5. Substitute coffee breaks for walking breaks (you can have a cup of coffee while walking!).

6. Do not sit for two consecutive hours. Shift position and get up to “stretch” your legs.

7. Every now and then rotate your shoulders and stretch your neck when working at the computer.

8. Contract your back and abdominal muscles while sitting on public transportation or at the office.

9. Adopt an ergonomic posture (consult an expert for each work station).

10. Have an active work meeting (standing or walking).

