

10 Tips for Walking at Work



More tips for fitting walking into your workday...

- Choose active forms of transportation to and from work - walk or cycle.
- Arrive a bit early and walk before you begin your daily tasks.
- Park your car at the far end of the parking lot and walk.
- Replace your coffee break with a walking break.
- Take a brisk 10-minute walk before or after lunch - to reduce your stress.
- Walk during brainstorming sessions - get your creative juices flowing.
- Use the stairs. Never use the escalator or elevator for less than 2 floors.
- Walk to deliver messages instead of phoning or emailing.
- Schedule walk & talk meetings.
- Choose to stand or walk whenever you are talking on the telephone.

A 30-minute walk is great, but a 10-minute walk counts too - especially if you sneak in a few brief walks each day. For busy people, short walks are a more realistic way of logging 30 minutes of exercise every day.

1. Determine the best way to fit 30 minutes of walking into your workday. Consider lunchtime, break times or 15 minutes added to the start or end of your workday.
2. Use a pen to schedule your walking appointment into your planner; you're more likely to stick to it!
3. If you walk with a partner, choose someone who keeps his/her appointments.
4. Purchase a pair of comfortable walking shoes to leave at work.
5. Be prepared. Organize a physical activity bag to leave at work; include a sweater, windbreaker, umbrella, pair of socks, toiletries.
6. Wear a watch so you can keep track of time.
7. Choose a route.
8. Divide your walking time in two. Begin walking at a comfortable pace. When you reach *half-time*, retrace your steps.
9. Record your progress.
10. Confirm your next walking appointment.

