

## Helpful tips for “Desk Jockeys”



### Read about some useful tips to help you get moving at the office.

Unfortunately for most, our workday is composed of sitting down and staring at a screen for multiple hours on end. If this sounds a little too familiar you could probably use some help! Read our "Top Tips" below.

#### 1. **The Stairs** (*are your best friend!*)

The most basic way to exercise on the stairs is to *take them*. Avoid the elevator.

- **Stair Jumps**, a plyometric exercise, are great for your muscles and stamina.
- **Stair Sprints** “What? Oh, don’t mind me! I’m just late for a meeting” you can say as you whiz past confused co-workers in the stairwell.

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2. **Faux Sitting** engages your glutes while you raise yourself into a squat position above your chair (about an inch), and hold that hover squat position for as long as you can. Feel the burn!
3. **Walking Meetings** are a great alternative to the standard “sit in a room” meeting with your team, and research suggests that walking improves cognitive function.
4. **Travelling Email/Phone call** Instead of emailing or calling a coworker walk over to their desk and ask them what you wanted.