



5 Ways to “Get Your Grube On” Everyday

Walk the Talk

Next time you set up a meeting, take it outside! If the weather is bad, try walking around the office. It gives you and your co-workers a change of scenery and you can burn some calories.

Stand Up for Yourself

Have you been sitting at your desk for more than an hour? It's time to take a stand. Standing up once an hour for 10 minutes burns more calories than sitting and it gives your body a refreshing energy jolt.

Set Your Own Pace

When you are on the phone and it's going to take a while or whenever you need to have some time to just think, pacing the floor is one of the best ways to keep the conversation flowing, the mental gears turning and the calories burning

Have a “Stairing” Contest

Keep track of how many times you take the stairs in a given week. Compare that to one of your co-workers or everyone on your team. It's a great way to burn calories and work some muscles.

Say It to Their Face

How often do you email or call someone who sits down the hall from you or whose office is just a floor or two away? The next time you need to deliver the message, take a walk and deliver it in person.



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