



Burn calories at work with office exercise

Finding time to exercise can be a challenge for anyone who has a busy schedule. Why not work out while you're at work? Consider these creative ways to make office exercise part of your routine.

Make the most of your commute - Walk or bike to work. If you ride the bus, get off a few blocks early and walk the rest of the way. If you drive to work, park at the far end of the parking lot.

Look for opportunities to stand - You'll burn more calories standing than sitting. Stand while talking on the phone. Eat lunch standing up. Trade instant messaging and phone calls for walks to other desks or offices.

Take fitness breaks - Rather than hanging out in the lounge with coffee or a snack, take a brisk walk or do some gentle stretching.

Trade your office chair for a fitness ball - A firmly inflated fitness or stability ball can make a good chair. You'll improve your balance and tone your core muscles while sitting at your desk. You can even use the fitness ball for wall squats or other exercises during the day.

Keep fitness equipment in your work area - Store small hand weights in a desk drawer or cabinet. Do arm curls between meetings or tasks.

Get social - Organize a lunchtime walking group. You might be surrounded by people who are ready to lace up their walking shoes and hold each other accountable for regular exercise.

Pick up the pace - If your job involves walking, do it faster. Keep your chin up with your shoulders slightly back and remember to breathe freely while you walk.

If you travel for work, plan ahead - If you're stuck in an airport waiting for a plane, grab your bags and take a brisk walk. Choose a hotel that has fitness facilities with treadmills, weight machines or a pool. You can also bring your equipment with you. Jump-ropes and resistance bands are easy to sneak into a suitcase. Of course, you can do jumping jacks, crunches and other simple exercises without any equipment at all.

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