

IDEAS FOR MOVING MORE DURING THE DAY



Whether at home or in an office, moving around and walking more has proven health and wellbeing benefits – it can make you feel happier, can boost your mood, and improve your sleep.

Move More to Clear Your Head

Taking time out and moving around can help clear your head and refocus on what you need to achieve during the rest of the day – it gives you time to think away from your computer screen.

Stand Rather Than Sit

Do you really need to take the phone call sitting down or can you walk around the room or garden at the same time? Can you stand and type or read emails? Why not give it a go.

Weather Bad? Move Indoors!

Rain doesn't stop play – create your own indoor circuit and you can actively move more whenever you want. Go from room to room and set a plan – e.g. kitchen table push-ups, stair climbing or tidying the lounge as you go. You can wear whatever outfit you choose!

Pop Movement in Your Calendar

People who decide what movement they are going to achieve and mark the time in their work planner tend to stick with their pledge. Decide how often you are going to move, add it to your calendar and try to stick to it – a little change makes a big difference.

Write Your Pledge Down and Share Your Goals

People who stick to goals tend to be the ones who share them – share with your team your personal pledge – and all encourage each other by asking how you are doing. Use the pledge template and put it somewhere you can see for motivation.

Mix Up Your Movement

Get outside if you can – even if it is only to walk laps around your garden – and mix this up with indoor activity. Try not to do the same thing every day as this will keep it interesting and inspire you to carry on.

Watch, Listen and Connect

Use the time when you walk or move to learn something new – you can walk on the spot when watching a favourite show, listen to an inspirational podcast or take in the environment around you – walking is a great way to connect. You could call a friend and talk them through what you've learnt – obviously while marching on the spot!

Treat Yourself

Don't get disheartened if you're unable to achieve your goals at first – work out what's stopping you and how you can overcome that barrier. When you do achieve, reward yourself with a soak in the bath or read your favourite magazine – call your team too and let them know your progress!