



Wellness Tip of the Week

with the Area Agency on Aging District 7

Increasing Movement at Work

Suggestions to increase movement at work include: standing up every 20 minutes and moving your larger muscles; walking down the hall to talk to a co-worker, rather than sending an e-mail; using the restroom that is the farthest away from your office or workstation; if possible, taking the stairs to the floor above or below; regularly, at least once an hour, standing up and stretching; if available, taking the stairs instead of the elevator; and wearing comfortable shoes that encourage movement.