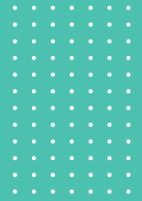




How to Stay Active While Working Remotely



Why is Daily Activity Important?



Daily movement and physical activity keeps your circulation flowing, your heart and lungs healthy, and lowers your risk of chronic health conditions. Plus, daily movements can help with stress relief, too.

Aim for 60 Minutes Daily

When you workout, get your blood flowing to the point where you feel warmer and start to sweat. Break your workouts into sessions if you need to — like walking the dog, taking the stairs, and doing squats at your desk. It all adds up. There are tons of different types of activities you can do throughout your remote working day to move your body. Do what works for you to get in that 60 minutes of movement every day.



Move More. Sit Less.

There are a variety of activities and lifestyle habits you can try to ensure you stay active enough throughout the day. Sitting too long at a computer is a tough habit to break, especially for telecommuting workers.

Give these a try to stay active daily:

- Move Every Hour
- Take the Stairs
- Buy a Standing Desk
- Take the Dog Out More
- Try Walking Meetings
- Connect With a Workout Buddy
- Wear Workout Clothes to Work
- Buy Fitness Gear for Your Home
- Buy a Desk Pedal Machine
- Workout Indoors
- Do Yoga
- Garden



Keep Your Body in Tip-Top Shape

Stay healthy by keeping your body moving the way it should. Every little daily movement adds up over the course of the day. Do what you can and give yourself grace on days that are hectic.

- Set Goals
- Move Daily
- Drink Plenty of Water
- Find Activities You Love
- Try Something New

