

Get Up and Move!



Mount
Sinai

Selikoff Centers for
Occupational Health

Physical activity is a great way to improve health. Health benefits include a lower risk of chronic diseases such as diabetes, heart disease and stroke, some cancers, and depression. Moving intermittently during the workday can help to loosen tight muscles and reinforce better posture.

INDIVIDUAL STEPS TO GET MOVING



Stand, move, and stretch every 30 minutes.



Use speaker phones and headsets to stand while on the phone.



Hold walking meetings and stand for conference calls.



Park farther away from the worksite to increase walking time.



Ride a bike or get off public transportation 1 stop earlier.



Take the stairs instead of the elevator.



Leave your desk at lunch time.



Use wearable devices to track your movement.

EMPLOYER-DRIVEN INITIATIVES



Encourage walking meetings.



Provide sit-to-stand workstations.



If using laptops, offer standing height work surfaces as an alternative.



Encourage flexible break times to allow changes in static posture.



Flexible work hours – longer lunch breaks can allow time for a walk or run.



Centralize printers, supplies, and garbage and recycling cans away from workstations.



Provide access to gym facilities or discounted memberships.



Create specialty activities (e.g. fitness challenges, yoga, walking clubs).



Establish an ergonomics program for injury prevention initiatives.

