

## Work Out at Work

**You are more likely to exercise if it's a regular part of your day. You can make it happen if you put exercise at the top of your "to do" list, and look for easy ways to add physical activity to your regular schedule:**

- Take the stairs instead of the elevator.
- Take a walk with co-workers during your lunch break. An exercise buddy can help you stick with your plan to be more active!
- Instead of sending an e-mail, walk down the hall and talk with a co-worker.
- Park away from your office and enjoy the walk.
- Join your company's fitness center if there is one.

**Fit exercise into your busy work day.** Find 10-minute workout breaks throughout the day. There are a variety of strength, balance, and flexibility exercises you can do right at your desk. The **Go4Life** website has easy-to-follow directions for all of the following exercises. All you need is a chair or a wall.

**Upper-body strength exercises:** Try the chair dip, chair stand, and wall push-up.

**Lower-body strength exercises:** Do the knee curl and chair stand; then get up and do the toe stand, back leg raise and side leg raise.

**For balance:** Stand on one foot or walk heel to toe.

**Flexibility exercises:** Move around a little to warm up; then stretch your thigh, calf, and ankle. Also try the stretches for your neck, upper body, chest, and back. These are great after you've been sitting for a while hunched over your computer!



### Quick Tip

Go4Life has sample exercises you can do anytime, anywhere, even at work!

### VISIT

[www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life)

- Read more tips for adding physical activity to your day.
- Print useful tools.

