



# Why Walk at Work?



Being active at work doesn't mean being less productive! A short walk will provide these benefits:

- Increased blood flow to the brain
- Increased ability to focus
- Minimizes risks associated with sitting too long

## Benefits of Walking at Work

- Can give you a head start on your total daily workout time
- Walking 1 mile burns~ 100 calories
- Reduces risk of diseases linked to abdominal fat
- Reduces your risk of coronary events by 35%
- Improves cognitive function
- Good for bone health
- Improves overall physical function
- Increase camaraderie by walking with a friend or colleague

## Drawbacks to Sitting

Sitting in a chair is not the way nature intended for us to sit. Lower back pain can be a cause of too much sitting.

- Extra strain on the back muscles
  - Decreased strength and flexibility in the hips
  - Creates increased pressure on the vertebrae
- \*\*\*REMEMBER:
- Take a break from your chair every 60 minutes by standing, stretching or walking
  - Practice good posture! It can take up to 30% of the load off your lower back (see picture)

## How can I stay active at work?

- Take the stairs instead of the elevator
- Park further away from the building
- Spend half of your lunch break walking
- Take walking break as alternative to a coffee break
- Walk over to talk to colleagues instead of email or phone calls
- If you buy your lunch daily, try walking to the restaurant

At Your Workstation

