



# MAKE YOUR DAY ACTIVE

## for health and fun

24 strategies to move more and sit less at work,  
in transport, at home, and in leisure time



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# AT WORK



## TAKE SHORT BREAKS FROM SITTING

It is recommended to take a short break from sitting at least every half an hour. Set the printer, bin, and other facilities away from your work station. Use a smaller cup or water bottle so that you will need to go for a refill more often.

## USE A SIT-STAND DESK

Did you know that by using sit-stand desks, office workers reduce their sitting time on average by 100 minutes per workday? You can purchase a foldable cardboard standing desk for as little as \$30. Consider trying how it works for you before buying a more fancy (and expensive) height-adjustable sit-stand desk!



## GET UP TO TALK TO YOUR COLLEAGUES

Getting up and talking to your colleagues instead of emailing them is another option to stand up more often. You might even find it's nicer and more efficient to talk in person!

## USE COMPUTER REMINDERS TO STAND UP

The human body isn't made to sit in one position for endless hours, gripping a mouse or typing on the keyboard. Several apps are available that gently remind you to take a break on a regular basis. You can set how long each kind of break lasts and the length of the period between the breaks.



# AT WORK



## STRETCH

Prolonged periods of sitting may cause muscle fatigue. Taking stretching breaks relieves muscle fatigue and makes you feel refreshed. Set an alarm to stretch every hour, take a few moments once you're back from lunch, or stretch in the hallway after a bathroom break.



## SCHEDULE WALKING MEETINGS

If the weather is nice, think about scheduling some outdoor walking meetings with your colleagues. Not only will this give you the opportunity to get some fresh air, but you'll be able to stretch your legs, help boost your circulation, and beat the afternoon slump. If the weather is not that nice, maybe you can meet while wandering around your office building.

## ORGANISE A GROUP EXERCISE SESSION

Want to do some good for your colleagues? Organise an exercise session once in a while and invite your office buddies to participate. Team building through exercise, why not!?



# AT HOME



## SET A SLEEP TIMER ON YOUR TV

Set the TV to turn off automatically after 30 minutes, as a reminder to take regular activity breaks. You can keep on watching TV while stretching or resume watching after the active break.

## TAKE EVERY OPPORTUNITY TO MOVE

For example, while talking on your mobile phone, head outside for a short walk. Also, when possible, avoid online shopping and grocery delivery. Walking while shopping is a healthy physical activity.



## MAKE YOUR TV TIME MORE ACTIVE

Exercise while watching a TV show or a movie (e.g. ride a stationary bike, use a home stepper, lift weights or do stretching exercises between episodes or during commercial breaks). A word of warning: make sure you have enough space so you don't break your TV screen!

## TURN YOUR HOUSEWORK INTO A FUN PHYSICAL ACTIVITY

Dance to your favorite music while vacuuming, wiping floors, and hanging clothes. Make housework a competition and race against your housemates or family members. Try squatting instead of bending when reaching low to clean or pick things up off the floor. You could even wear wrist weights while dusting!



# IN TRANSPORT



## CYCLE TO WORK

If the travel distance to work is too long, try combining cycling with public transport. If you are not allowed to board with your bike on a train, consider buying a foldable bike. When folded they are small enough to be carried nearly anywhere.

Electrically-assisted bicycles are another option to easily cover longer distances. Research shows that electrically-assisted cycling can help you maintain or improve your physical fitness.

## USE STAIRS INSTEAD OF LIFTS AND ESCALATORS

If you feel fit enough, try climbing the stairs briskly. Short bouts of vigorous physical activity have a number of proven health benefits.



## INCREASE WALKING

Get off the public transport 1-2 stops earlier, park the car further away from your workplace, or walk a part of the journey before you hop on the bus or train.



# IN LEISURE

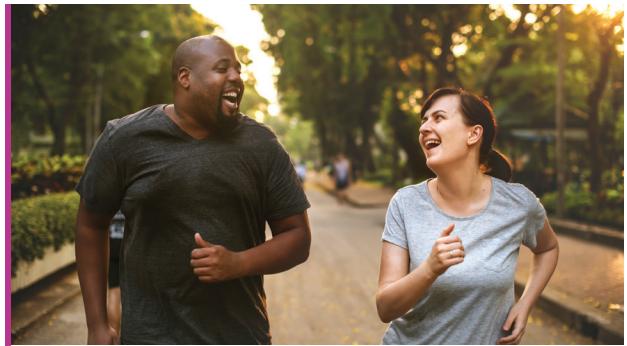


## EXERCISE BY FOLLOWING WORKOUT VIDEOS

You can start by exercising 10 minutes a day. Perform an exercise like sit-ups or squats for 30 seconds at a moderate pace and then rest for 30 seconds. Slowly, day by day, start increasing the number of times you repeat each exercise, the time you spend doing it, and the number of different exercises, while decreasing the time spent resting between the sets.

## TRY NEW PHYSICAL ACTIVITIES

Explore the options! In the next month, try at least one new activity that you've never done before. You might get surprised how fun and engaging some physical activities are.

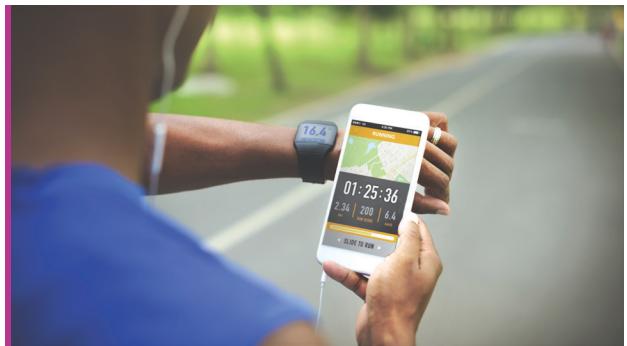


## FIND AN "EXERCISE BUDDY"

Encouragement from your significant others may play a vital role in keeping you motivated to engage in regular exercise. Suggest to a family member, a friend, or a college to help each other meet your exercise goals. You will all benefit from supporting one another.

## REWARD YOURSELF FOR BEING ACTIVE

Reward yourself when you reach your daily or weekly physical activity goal. You could do that by treating yourself to a massage, a facial, spa, or a bubble bath. Or maybe cook your favourite meal, read a book, or have fun playing an old board game.



## USE FITNESS APPS

Install a fitness app on your mobile phone to guide your exercise sessions. There are several workout and exercise-focused apps available for iPhone and Android covering a wide range of activities: cardio, circuit training, strength, yoga, running and more.

# IN LEISURE



**USE PHYSICAL ACTIVITY AS A REWARD**  
Many physical activities can be enjoyable and used to reward yourself. For example, if you enjoy jogging, after a long or stressful day at work, go for a quiet evening run.

## KEEP TRACK OF YOUR ACTIVITY

Use a pedometer or a mobile phone app to keep track of your activity. A good quality pedometer can be purchased for less than \$10. Several mobile phone apps that can help you track your activity can be downloaded for free.



## FIND PLACES FOR PHYSICAL ACTIVITY IN YOUR AREA

Map local opportunities for exercise, physical activity, and active leisure. This may include parks, swimming pools, gyms, walking/running/cycling trails, and sports clubs.

## SET A FAMILY FITNESS CHALLENGE

Setting up a simple and fun family fitness challenge is the perfect way to get everyone in the household motivated to do something good for their health. Aim for a total steps or energy expenditure goal during the challenge and track your pace to reach your target goal by the last day. Slacking on one day? No problem, just pick up the pace the next day! As long as the sum of your steps or the total energy expenditure for the challenge meets the target goal, you've succeeded.



## JOIN AN EXERCISE GROUP

Join a walking, cycling, running, or some other dedicated exercise group. Group exercise can be a fun social experience and an opportunity to meet new people.



• NOTES •

# AT WORK

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# AT HOME

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# IN TRANSPORT

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