5 EASY STEPS to get fit and healthy at work!

1. Climbing stairs
   Did you know that climbing stairs burns more calories per minute than jogging? Doing this regularly also improves circulation, heart and respiratory function.
   Read the latest research: Testing messages to promote stair climbing at work

2. Lunchtime walks
   Go for a lunch-time walk and create a distance map! Research shows that posting signage that identifies walking paths increases your physical activity levels at work.
   Read the latest research: Evaluation of worksite policies and practices promoting nutrition and physical activity among hospital workers.

3. Eating fruit
   Do you have access to fruit in your workplace? If so, make the most of it! Fruit is an essential part of your healthy lifestyle.
   Read the latest research: The influence of the availability of fruits and vegetables in the workplace on the consumption of workers.

4. Take a lunch break
   Try not to eat your lunch at your desk, research shows that eating with others makes meal time more enjoyable.
   Read the latest research: Eating and emotion: focusing on the lunch time meal.

5. Exercise with your colleagues
   Research found that employees who commit to being part of a team or group strengthened their motivation to attend exercise sessions because others would have an expectation that they would be there.
   Read the latest research: Physical activity barriers in the workplace: An exploration of factors contributing to non-participation in a UK workplace physical activity intervention.

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