Move More

Use these tips to develop and maintain a daily routine to move more at work. The most current research for computer users recommends moving every 20-30 minutes by sitting for 20, standing for 8, and moving for 2.

Stand
- Change your position every 20-30 minutes.
- Stand to talk on the phone, read documents, or participate on conference calls.
- Stand to take deep breaths while raising arms slowly over head. Repeat 3 times.
- Alternate between sitting and standing at meetings and presentations.
- Consider a sit-stand workstation.

Walk
- Walk, bike, bus, or BART to work.
- Wear a pedometer for motivation to reach 10k steps a day.
- Walk to communicate instead of calling, emailing, or texting.
- Go for a 10-minute walking break every day.
- Schedule walk ‘n talk meetings.
- Add steps to your day the easy way, park farther away!

Movement Breaks
- Use a break timer to remind yourself to stand, move, or stretch.
- Stretch your shoulders, necks, wrists, and back throughout the day.
- Include a stretch break during meetings that go an hour or longer.
- Do partial squats or calf raises while waiting for the copier or microwave.
- Move your feet by doing ankle circles or flexing them up and down to improve circulation.
- Find more ways to take movement breaks at Active @ Work.

Stairs and Exercise
- Take the stairs as often as possible.
- Join the Berkeley Walks Walking Group (free) and/or WorkFit (fee).
- Use your lunch hour to exercise and grab a healthy bite.
- Keep a resistance band in your office for strengthening exercises.

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