

Fitness at Work



Desk Stretch Routine

How to: Stand up, roll your shoulders back, stretch your arms overhead, and gently twist your torso side to side.

Why it works: Relieves tension from sitting and improves posture.



Walk & Talk Meetings

How to: Take certain phone calls or small group discussions while walking (inside or outside the office).

Why it works: Boosts circulation, steps, and energy without cutting into productivity.



Step Challenge

How to: Track daily steps using a phone, watch, or pedometer.

Create a friendly leaderboard for the office.

Why it works: Gamifies movement, encourages consistency, and boosts morale.



Mini Workout Breaks

How to: Choose one: 10 squats, 10 calf raises, or a 30-second wall sit. Do once every few hours.

Why it works: Improves circulation, strengthens muscles, and reduces stiffness.