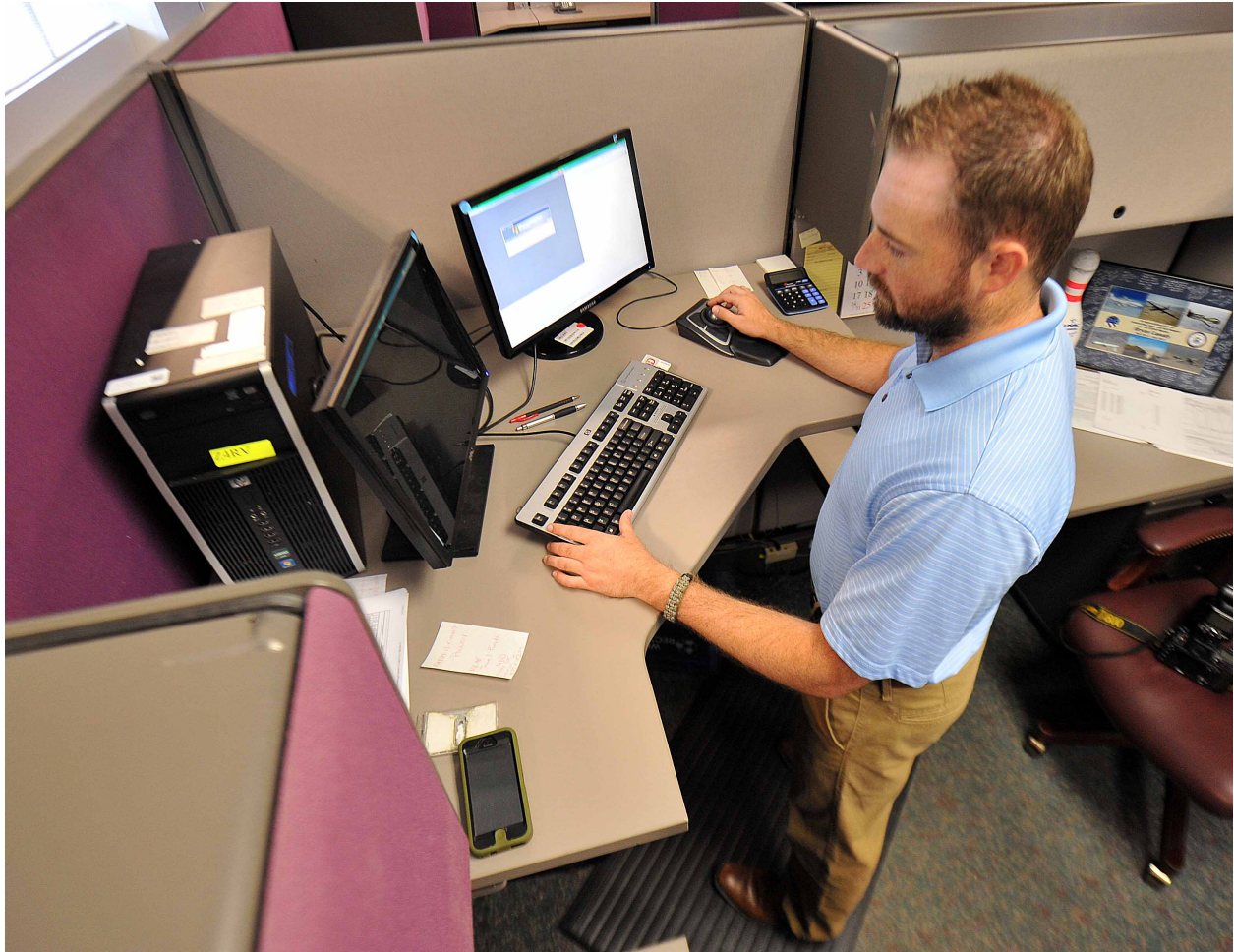


How to Stay Active in the Workplace This Fall

By Chen Zhan



[Source](#)

Working at a computer eight hours a day can be tiring. Sure, you're just sitting at a desk, typing on a keyboard. But this type of repetitive activity is hard on your body, especially if you develop [carpal tunnel syndrome](#) in your wrists. [Physical fitness products](#) and ergonomically correct office furniture can help you stay active in the workplace while you're doing your job. Taking a walk to enjoy the colorful fall foliage is an excellent way to spend your lunch hour.

Speaking of Walking ...



[Source](#)

If your home is close to your office, leave the car in the garage. Don a pair of athletic shoes and hit the pavement. Walking or riding a bike to work burns calories and decreases the risk of [heart disease](#). If walking to work isn't an option, take a break during the day and head to the nearest parking lot or green space for a breath of fresh air. When you [go outside](#), you will clear your mind so that you're ready to focus on the next task. Turn your phone off. Instead, grab some earbuds and listen to your favorite tunes.

At the Desk



[Source](#)

It's easy to forget about moving around when you're sitting at a desk, focused on your work. Foot pedal exercisers fit under most desks and allow you to keep your legs moving while you work. They're available in various price ranges. You can also place pedal exercisers on a tabletop, slip your hands through the loops, and work your arms.

Balance boards, wrist and ankle weights, ball chairs and seat exercisers, stretch bands, and sand bells are just a few products available to help keep you moving at your desk. Those squishy little stress balls are fun, too!

Stand Up!



Standing desks are becoming more popular in the workspace. These are adjustable to height -- allowing users to stretch and breathe more freely. Standing desks have a number of [health benefits](#).

- [Weight reduction](#) - Instead of sitting, you can burn an average of 170 calories each day by standing at your workstation. That's roughly 1,000 calories per week.
- [Blood sugar](#) - Standing helps your body decrease its blood sugar, especially after you eat.
- [Heart Disease](#) - Being on your feet increases blood circulation, which can lower your risk of heart disease.
- [Back pain](#) - Standing and stretching take weight off your lumbar region, which could reduce back pain.
- [Mood and energy levels](#) - Moving, twisting ... even dancing ... can help you feel good!
- [Productivity](#) - Standing instead of sitting will increase productivity. In fact, it may make typing easier, especially when the desktop is at the correct height.
- [Increase life span](#) - [Workplace studies](#) show standing at your desk instead of sitting inertly will help you live longer.

[Adjustable standing platforms](#) are on the market now -- they help with your balance as you settle comfortably toward a raised desk. Spiked mats, balance pads, and [ONGO standing supports](#) also make your office a haven of mobility.

Movement



[Source](#)

Incorporating movement into your everyday routine is as easy as taking the stairs instead of an elevator. Walk around the office floor for at least five minutes every hour. Stretch, dance, head to the restroom, vending machines or coffee maker a few times a day — anything to get yourself out of the chair.

‘Deskercise!’



[Source](#)

Deskercize is a new buzzword meaning exercising while sitting at your desk. You can continue typing or researching at the same time.

- Sit upright in the chair, straighten one leg so that it is parallel to the floor, and hold it in place for 10 seconds. Do the same with the other leg and then repeat the exercise 10 to 15 times.
- Hover both legs and then lower them to 2 inches above the floor. Release after 15 seconds and repeat.
- Sit in your chair with both heels flush to the floor. Tap your feet rapidly and stretch the calf muscles in your legs.
- Swing your legs back and forth, up and down.
- Shrug your shoulders, stretch your neck and arms upward.

Home Offices



Home offices are great for staying active, especially if you're the boss. You can always take a break when you have a mind to, but you must make a commitment to do so. Remember, work is never-ending, so don't worry about how much time you have — or don't have. Get outside and walk the dog, head to the mailbox, walk around the block ... anything to get moving. The one thing you don't have to worry about is rush-hour traffic.

If you're slammed with multiple projects, make a point to move at your standing desk. Add a [balance board](#) to your office and get in a few minutes of balance training without a second thought. Get a spike standing mat and treat yourself to a massage while you're deep in thought.

Staying active in the workplace isn't hard. Stand up, stretch, move and breathe. Be sure to drink water throughout the day, too. By the way, full water bottles are like free weights that you can lift up and down whenever the mood strikes.

Chen Zhan began designing office spaces when he noticed the women he worked with donning sweaters, while the men turned continually turned the temperature down. He now consults with companies around the globe to improve company performance.