

Active  
Geelong

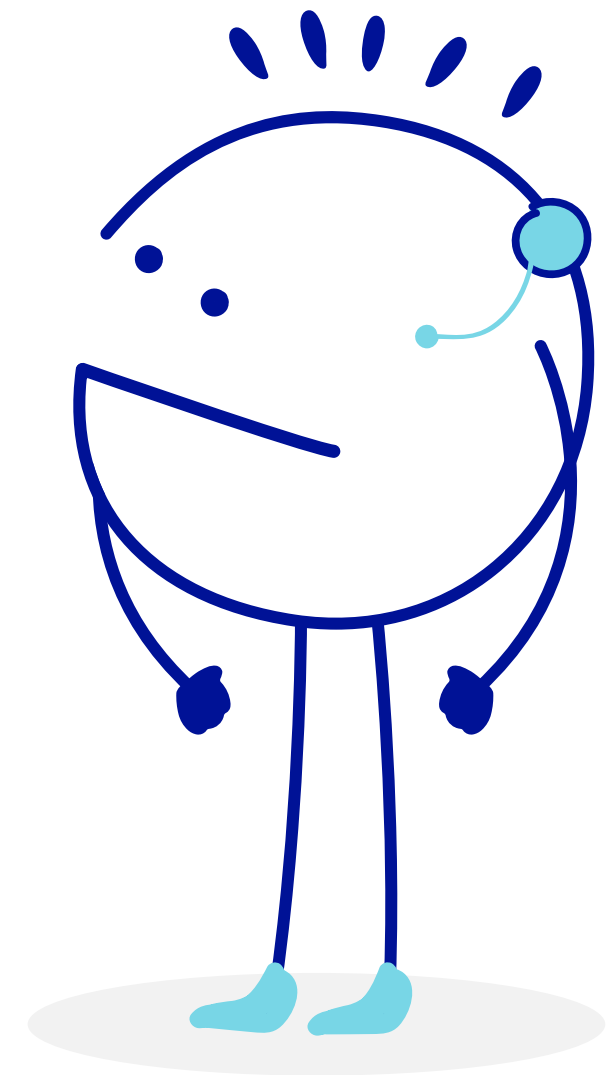
# BEING ACTIVE WHILE WORKING FROM HOME



## IT'S NEVER TOO LATE TO START BEING ACTIVE

Working from home might reduce your daily dose of physical activity without the usual incidental opportunities to move such as cycling for transport, walking to meetings or heading out to get your lunch. But with a bit of planning there are many ways to remain active at home and develop your own working from home physical activity routine.

Try some of these tips to keep you moving no matter where you are working.



## KEEP THE ROUTINE

- Do you usually walk to get public transport, park and walk to work or head out to get your lunch? Schedule in the same time to move at the start, middle and end of your work day.
- If you have a regular exercise class or gym you go to, maintain this session by following an online class, use home equipment or rescheduling your session to another day of the week.



## MOVE MORE

- Time for a break? Instead of walking straight to the kitchen or the bathroom, add in a lap of the house, a few squats or a quick jog on the spot. Do the same while waiting for the kettle to boil or the microwave to end.
- When on a phone call stand up and move or even go for a walk outside while on the call.
- Before a video call set up your computer so you can stand at your desk. You can march on the spot or do single leg balances, and no one will be the wiser.



## REMINDER STRATEGIES

It's easy to get caught up in your work without the distraction of colleagues around. Try these ways to remember to move.

- Use your calendar and schedule in regular breaks.
- Set a timer on your computer, watch or phone for every hour to get up and move or stretch or add a free app to your desktop the you can customize to remind you to move.
- If you have an activity tracker you can set reminders to move via the device's app.
- Set an alarm away from your desk, walk to turn it off and reset.
- If you have the radio playing in the background, hearing the news report start is a good reminder that 30 – 60 minutes has passed. Get up and move while you listen to the news.
- Listen to your body. If your eyes neck, back or legs start feeling sore, tired or jittery it's a good indication that you've been in the one position too long.

## TRY SOMETHING NEW

Without a commute you can sleep in and include a new exercise routine. The simplest way is to walk out your door and go for a ride, walk or jog. But if that doesn't appeal to you, a quick online search of free exercise classes or apps will reveal a treasure trove of opportunities.

THERE'S SOMETHING FOR EVERYONE,  
HERE'S A FEW THAT WE RECOMMEND:



[livelighter.com.au](http://livelighter.com.au)



[heartfoundation.org.au](http://heartfoundation.org.au)



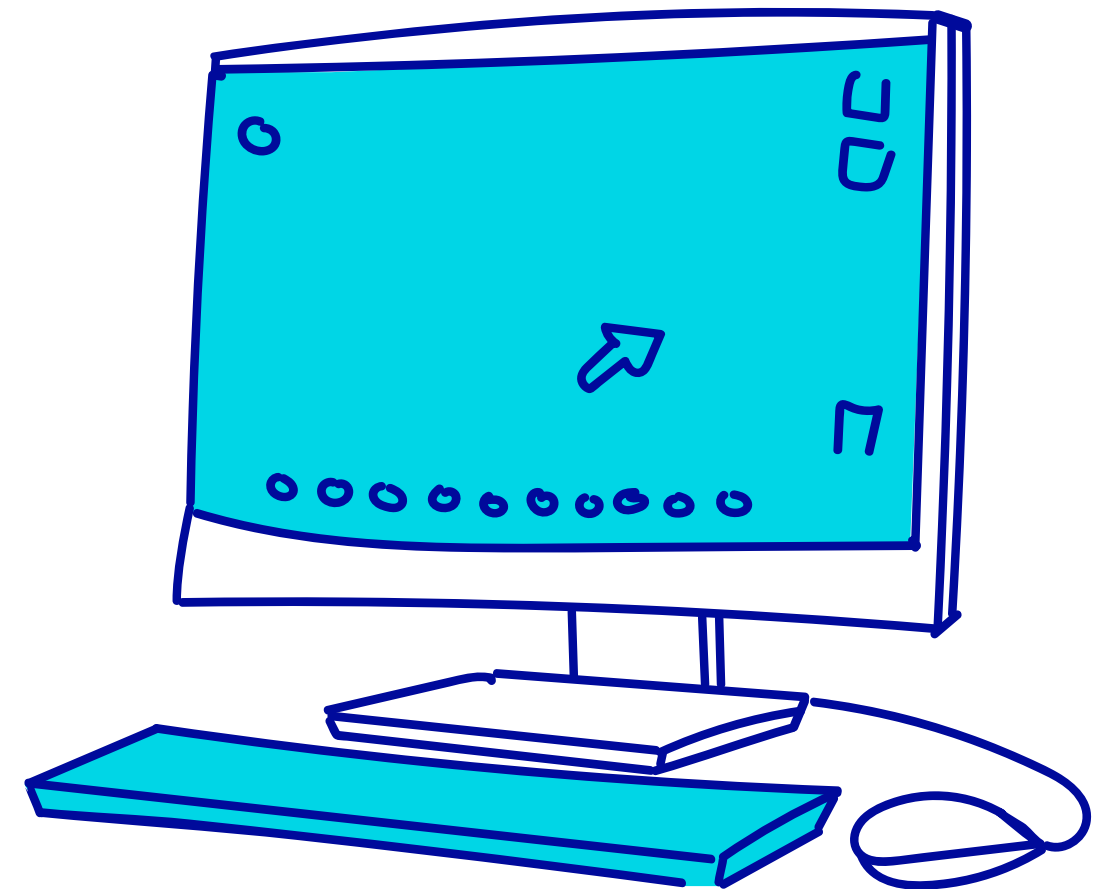
[exerciseright.com.au](http://exerciseright.com.au)



[vichealth.vic.gov.au](http://vichealth.vic.gov.au)

## FOR MORE INFORMATION ON HOW TO BE ACTIVE AT WORK VISIT

- Active Geelong
- The Heart Foundation
- Achievement Program (Cancer Council Victoria)
- Be Upstanding
- GMHBA



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