

## Top Tips:

# Fitness for office workers

1. Cycle or walk part - if not all - of your journey to work. Read more about cycling for beginners or contact Adam at Active Travel on 01744 676174 for more information.
2. Get off at a bus stop before your destination.
3. If you need to drive, try to park further away from your office and walk the rest of the way.
4. Discuss project ideas with a colleague while taking a walk.
5. Stand while talking on the telephone.
6. Walk over to someone's desk at work rather than calling them on the phone or sending an email.
7. Take the stairs instead of the lift, or get out of the lift a few floors early and use the stairs.
8. Walk up escalators or travelators rather than standing still.
9. Go for a walk during your lunch break - use a pedometer to keep track of how many steps you take.
10. Try to find different walks, and alternate between them during the week. Gradually build up to walking 10,000 steps a day. Join a local Healthy Walk to help you get started and meet new people!
11. Exercise before or after work, or during your lunch break. Your office may have a gym, or you may have access to a nearby swimming pool or squash courts. Check out GO Active to see what your local leisure centre has to offer.

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