

# Workplace Workout

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I saw a story on the news about an employer who made a commitment to improving the health and fitness of their workforce by implementing a fitness center, and a cafeteria that provided healthy food choices. Many employers now recognize that having healthy employees improves morale, decreases sick time, and helps to reduce healthcare costs. This is great if you work at such a company, but mostly likely, if you want to improve your at-work fitness, you'll have to be creative and develop your own program at work. Here are some ideas:

## Workplace Workout

- Dress in comfortable clothing that will allow and encourage you to walk more around the office.
- Walk or ride your bike to work (especially if you can do so within 30 minutes), or park in the farthest spot from the door.
- Drink water while at work and avoid the pop and coffee.
- Pack small healthy snacks to avoid eating carbohydrate- and calorie-loaded vending machine snacks.
- If you sit at a computer all day, investigate various programs that can be added to your computer that actually pop up on your screen to encourage you to perform stretching activities at your desk.
- During your break, walk around the building, up and down several flights of stairs, or try stretching and deep-relaxation breathing.
- Wear a pedometer to try to include a couple more steps each day.
- Organize an exercise group for after or before work. Remember, exercise is a great stress reducer and getting your blood flowing helps to improve the thinking processes.
- Get together with coworkers to hire a personal trainer to share the cost.
- Set exercise at the top of your to-do list making it an absolute priority.
- Talk to your employer about ways they can help to promote healthy lifestyles in the workplace.

Please consult with your physician before beginning an exercise program.