

HOW TO SQUEEZE IN **MOVEMENT** WHILE WORKING FROM HOME

Here are 5 tips to make movement part of your home routine



Set a Movement Alarm

Whether it's to grab a snack, do jumping jacks, or stand up and stretch, assigning time for movement helps you stay accountable.



Stand and Chat

Avoid back pain from constant sitting by taking your phone calls while standing. Bonus points: incorporate calf raises for an added stretch.



Walk for Water

Walk to fill your cup every hour for extra steps and hydration. This will provide your body with oxygen, cushion your joints, and keep you moving.



Breathe In, Breathe Out

Meditation is movement. Breathe in for 4 seconds, then breathe out for 4 seconds. Repeat this 3 times for a quick body and mind refresh.



Take a Dance Break!

Get creative with your movement. Make a virtual date with a coworker for a dance break. Pick a song and have some fun!