

Tips for Burning More Calories at Work

- 1) Set an alarm on your computer for every hour. When it sounds get up and take a 2 minute walk around the office. (Burn an extra 10kcal each hour)
- 2) Set up a "work station" and stand an extra hour each day. An adjustable desk or computer stand can make this an easy way to burn more calories that really do add up over the course of a year. (Burn an extra 30-40kcal per hour of standing, up to 7lbs a year!)



- 3) Don't sit or stand while you're waiting for your papers at the copier. Instead do some side-leg raises, take a moment to dance, or practice your lunges. (Burn an average of 8kcal per one minute of lunges, 5kcal per minute of side leg raises, 7kcal per minute of body weight squats)

- 4) Switch up your seat. Sit on an exercise ball for 1-2 hours of the day to add more core engagement. (Add an extra 6% of kcal burned when sitting on a ball)

- 5) Guzzle the cold water. When your body temperature is lower you will burn more calories. (for each 16oz glass of ice water, you burn about 17kcal)



- 6) Take the long way to the restroom- use the restroom on a different floor to add an extra flight or two of stairs. (Each flight of stairs climbed burns about 5kcal)

- 7) Leave for work a few minutes earlier and park at the far end of the parking lot or a few blocks away and walk to work. (Burn an extra 32kcal per 5 minutes of walking)

- 8) Keep healthy snacks on hand to avoid the mid-afternoon crash. Having healthy snacks as a go-go, you will be more likely to stay away from the energy dense and nutrient poor snacks and drinks in the vending machine.



- 9) Suggested a company wellness plan. Perhaps people earn deductions in health insurance when certain health goals are met (ie. Lower blood pressure, lower BMI, etc.) When everyone in the office is working together, it is easier to have a more active workplace.

- 10) Don't call or email your co-workers to ask a question. Get up and go see them at their desk. You will likely get an answer faster, plus you will burn a few more calories walking there.

- 11) Walk while having a phone meeting instead of sitting at your desk. If you are a manager....Walk and talk during reviews.



- 12) While reading emails or reviewing papers, do arm circles. (~10kcal burned per one minute)