

8 Simple Tips to help create a "movement habit" while you're at work.



We all know moving more is key to a healthy lifestyle, the problem is *how* to move more! With our busy, sedentary life styles it may seem next to impossible to reach the recommended amount of physical activity each day, especially while you're at work! These 8 simple tips are designed to get you up out of your chair and help to create a "movement habit" while you are at work. Following these tips will improve your hydration, flexibility, social connection, stress, and help you meet your recommended physical activity requirements, all that by just walking!

