

8 steps to ~~working~~ walking from home

Many of us have shifted to working from home arrangements. To help you and your work colleagues stay active while you work from home, we have put together some useful tips to hack your daily routine!



Don't eat at your desk. Switch up the scene and walk somewhere different to eat each day.



Walk and talk. Take some phone calls or meetings while you walk around the local area.



Always use the stairs. Take two at a time if you can.



Set reminders. Remind yourself to walk, stretch, or just shake things out every 60 minutes.



Run errands by walking. Replace driving trips with a walk to run errands.



Set up a walking group. It's a great way to compete with your colleagues and encourage each other to stay active.



Switch up your desk. A standing desk is a great alternative to a traditional desk.