



Fitting Fitness Into Your Day

Live Life Well Today!

Visit iLiveLifeWell.com to learn more about what programs and support are available to help you live healthy.

Being more active at work can help you maintain a health conscious mindset even when life gets hectic. Here's how you and your co-workers can take a step in the right direction:

Register for 10K-A-Day

Visit <http://Abbott.10KADay.com> to register and track your steps for a chance to earn prizes. Aim for a goal of 10,000 steps a day which is equivalent to about 5 miles.

Use the Stairs

How many times do you actually take the stairs rather than the elevator? Try taking the stairs as a way to add more activity to your day and encourage your co-workers to do the same.

Take a Real Break

Eating lunch at your desk doesn't count as a real break. Take your lunch outside, the fresh air and movement will help to recharge your battery. It can also elicit some powerful creativity as you break away for a minute to clear your head.

Walk with a Friend

Ask your co-workers to join you for a walk during a break at a meeting or take the long route to the cafeteria. It's a great way to get to know the people around you and encourage healthy habits at work.

Check Your Posture

Sitting up straight with your shoulders back and your head lifted can increase circulation and actually increase your confidence level, overall mood and demeanor.

Go for a 10-Minute Walk Every Couple of Hours

Set an alarm on your calendar and make it happen. Every couple of hours, walk around the office grounds for a few minutes. Walk to the next floor or across the building, stop and say "hi" to a friend and then return to your work station.

Multitask Effectively

We all know how to multitask while on a conference call. Instead of e-mailing your colleague while you listen to the latest project updates, squeeze a stress ball to create muscle tension in your forearm. Or, bring in a light dumbbell and do a few bicep curls and tricep extensions. A little can go a long way.

Create Opportunity

Put yourself in situations where you have to walk a farther distance to your car, or take the stairs to a meeting. Knowing ahead of time that you are taking the longer route will give you a better attitude about time adjustments and building more activity into your day.