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## **CHOOSE TO MOVE**®

# **How Do I CHOOSE TO MOVE<sup>SM</sup> At Work?**

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*Choose To Move is the American Heart Association's physical activity program created just for women. About 480,000 American women die each year from cardiovascular disease, including stroke. Staying physically fit can help you feel better and live longer.*

Being healthy is good for you and your employer. Reducing your medical costs by decreasing your risk factors is a bonus everyone deserves! Americans spend hours sitting at their desks every day — think of all that time that you can use to become healthier.



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### **How do I get active at work?**

Many workplaces are starting to offer worksite wellness programs. Contact your Human Resources department to find out if any programs are available such as on-site workout facilities, walking trails or reimbursement for gym memberships.

There are other opportunities to incorporate physical activity at work as well.

- Swap out your chair for a balance ball.
- Get an exercise band and do resistance training at your desk.
- Stand up throughout the day.
- Instead of a smoking break, take a walking break. Kick the habit and get in shape.
- Skip the elevator and take the stairs.

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### **Buddy up with co-workers!**

Find a co-worker who would like to become more fit and get active together. You are more likely to succeed if you have a support system.

- Grab a pedometer or a watch and map out a walking trail. It can be throughout your

office, up and down the stairs, or along a path outside.

- Make an appointment to take a walk before work, during lunch or after work.
- Inspire and reward each other!

