



Research shows that creative output increases by an average of 60% when a person is walking.



## Take exercise snacks at work

Extended periods of inactivity are associated with larger waistlines and higher risk of cardiovascular problems. Can you break up your day today with a short walk? Here are a few ideas to get you started.

- 1 Skip the lift – take the stairs, especially when going between floors.
- 2 Walk over to talk to your colleague rather than calling or emailing them. Can your next meeting or discussion be conducted while walking?
- 3 Take a break and power walk around the block.
- 4 Walk to the water cooler, photocopier, recycling bin and/or toilets that are further away. Change your computer's default settings to use a printer further away.
- 5 When possible, walk, cycle or use public transport to get to off-site meetings.

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Walking is my stress breaker, my planning time, my ideas vehicle!

If I am ever stuck on a problem I simply get up and go for a 5 minute walk. Even if I'm just cutting laps of the corridor I find my solution far more often than not.



## Jenna's workout at work



**I used to think a numb backside and stiff, rigid joints came with the territory when your work involves staring at a computer screen for 8 hours a day, 5 days a week. That's why a quick walk is always a welcomed relief.**

I walk to work. We often exclaim in a mad rush that there's never enough time in the mornings! Walking helps me slow down the morning rush. I relish seeing my neighbourhood and admiring the beautiful gardens.

Most of all, I smile to see other office workers grit their teeth in the traffic as I walk on by. Note to self: must learn not to take pleasure in other people's misfortune!

I take walking mini-breaks. When my eyes feel tired I use the printer furthest away and take a stroll past all the other desk bound prisoners to refocus both my eyes and my motivation. I also get up regularly to walk to the water cooler, to hit my target of 8 glasses a day (it's got nothing to do with the water cooler being the hot-spot for office goss; note to self: see previous note to self!).

If I'm not feeling sociable and need some time out I take the stairs, down to the next floor's toilets. On my return trip I love to stroll past the people waiting for the lift, happily meander up the stairs and still come out victorious at the top to see them exit their confinement. Rocky-Balboa stair dance is optional.

Lastly, I walk home to wind down, de-stress and regroup my happy thoughts before greeting my family. So when I finally do walk in the door I can sincerely say with a smile, 'Tell me about your day' and have the energy to listen.

**- Jenna Long**

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