



# Move more in the morning

Get a head start on the day with these morning movement routines.



Start off with our simple bronze medal suggestion, take it up a notch to silver or go for glory with gold.



Spend five minutes warming up the muscles you'll use during the day. Try wrist circles and shoulder rolls.



Park farther away from work or get off the bus a stop early to boost your steps.



Switch up the commute to cycle or walk to work. If working from home, start with a brisk walk to 'commute' to your desk.

# Move more in meetings

Try these medal-worthy ideas to get you moving in your catch ups.



Start off with our simple bronze medal suggestion, take it up a notch to silver or go for glory with gold.



Stand up during meetings to burn more calories and improve your circulation.



Take to the streets with a walking catch up, either in person or on the phone.



Add a 10-minute workout to the end of your meetings to get the whole team moving. Try a step class or seated yoga.



# Move more on your break

Make the most of your  
downtime with these  
winning workout tips.



Start off with our simple bronze medal suggestion, take it up a notch to silver or go for glory with gold.



Stand up and stretch for five minutes, focusing on the muscles you'll use during the working day.



Take a short walking break to get some fresh air and explore the local area.



Build a lunchtime workout into your day by hitting the gym or following an online exercise class.



# Move more in the workplace

Put in your best performance  
with these simple ways to  
stay active at work.



Start off with our simple bronze medal  
suggestion, take it up a notch to silver or go for  
glory with gold.



Set an hourly reminder to check your posture  
and adjust your seating or standing position.



Challenge yourself to climb 10 flights of stairs  
during the day.



Get your heartrate up between tasks with a  
mini circuit of star jumps, squats and planks.



# Move more with colleagues

Try exercising with your workmates to help keep each other on track.

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Offer to do the coffee run. A trip to the kitchen or local café is a great way to get moving.



Find a like-minded workout buddy to stay motivated and share your progress.



Take on a workplace step challenge or join an amateur sports league to keep fit and bond with your colleagues.