

Set your own when, what, and how



1

WHEN?

When during your workday will you do exercises?

Decide if, for example, you prefer to do 10 squats when you return from lunch. Or if it might make more sense for you to do 5 minutes of stretching exercises with your colleagues every day at 10:00.



2

WHAT?

What will remind you to do the exercises?

Decide if, for example, it works best for you to set a recurring alarm on your phone every day at 10:00. Or if it might make more sense for you to place a post-it note on your computer screen to remind you to do them.



3

HOW?

How will you perform the exercises?

Decide if, for example, you should make a regular arrangement with your desk buddy to do the exercises together. Or if it might make more sense to do your 2 favorite exercises every day.



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STAY ACTIVE WHILE WORKING