

STAY ON TRACK

Adding new activities to your daily routine can have significant health benefits. You don't always have to be on a treadmill to exercise. You can stay fit by becoming more active at work. Slide the chairs away and organize a standing meeting. Fit in a few desk exercises throughout the day. Play a game of catch with a friend during lunch, or take an extra lap around the office. Whatever your new activities, set a daily reminder and keep yourself moving.

LEARN OTHER WAYS TO STAY ACTIVE AT
[HEALTHYDELAWARE.ORG/WORKPLACE](https://www.health.delaware.org/workplace).