

EXTRA TIPS



HERE ARE SOME TIPS TO EASILY INCREASE YOUR DAILY PHYSICAL ACTIVITY AND FITNESS LEVEL

Look for ways to get out of your chair. For example, stand while talking on the phone, and keep printers out of reach so that you need to get up to collect your documents.

Rather than communicating via phone or email, walk over to meet with colleagues face to face.

Take the stairs whenever possible.

Be active on your way to work. If possible, walk to work. Alternatively, park your car further from the office or get off the bus a few stops early so you can walk a few minutes each way.

Use tea breaks and lunch time to walk around the office.

Engaging in physical activity as a group helps maintain motivation. Schedule a daily physical activity break with your colleagues. Warm up with a walk around the office, then go through the exercises from this booklet together.

Please remember – to improve and maintain your health, you should do at least 30 minutes of moderate-intensity physical activity (e.g. brisk walking) on five or more days per week.

HEALTHY WORKPLACE

Don't eat in front of your screen – take a real break away from your desk, eat a healthy lunch, socialise with your peers, go for a walk.

Remember to drink water all day long – this is the best option to quench your thirst.

It is tempting to nibble while sitting at your computer throughout the day – choose healthy snacks and make sure to eat regular meals.

Remember: your office is a smoke-free and alcohol-free environment!

OFFICE EXERCISE

Add more activity to your workday

Too much sitting and too little physical activity is bad for your health. So, get off your seat and move more during your workday!

Break up your sitting time with easy-to-do exercises – even short workouts can help improve your fitness and leave you energised throughout the day.

This document presents simple exercises you can do in your workplace, on your own, or with a group.

Follow the exercises in this leaflet every time you feel the need to move. Start with 10 repetitions of each exercise @ 10 seconds each, and increase the repetitions as your fitness level improves.

Pacific Community –
NCD team
Private Mail Bag,
Suva, Fiji Islands
health-enquiries@spc.int

For more
information about
nutrition in the
Pacific, visit:
PacificDiets.com

Follow us on
Twitter and
Facebook:
[Pacific diets](#)



Pacific
Community
Communauté
du Pacifique

UPPER BODY EXERCISES

Desk Push-Up

Shoulder Press

Chair Dip

Bicep Curl

LOWER BODY EXERCISES

Chair Squat

High Knees

Calf Raises

Lunges

ABDOMINAL EXERCISES

Floating Feet

Desk Lifter

Scissors

Knee to Elbow

STRETCHING

Shoulder Pull

Shoulder Stretch

Hamstring Stretch

Quadriceps Stretch

Back Rotation

Side Stretch