

BEING BUSY IS NO EXCUSE

5 TIPS ON HOW TO FIT EXERCISE INTO YOUR DAILY WORK ROUTINE



ESTABLISH FITNESS IN MEETINGS

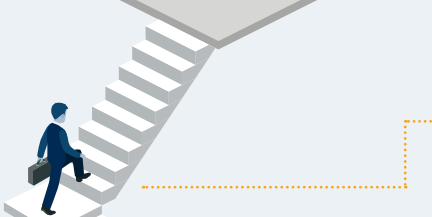
Why not make your short daily or weekly meetings more engaging with exercises that people could do while discussing what they will do for the coming week. This ensures a brief, productive meeting and you simply stop the exercise when everyone has contributed. The bigger the team – the more effective the exercise.



TAKE THE STAIRS

Yes, this does mean not pressing the button on the elevator! It's one of the most effective fitness exercises and is easy to adapt to your daily routine.

Walking upstairs not only works out your legs but it is good for the cardiovascular system and boosting your metabolism. You can vary this exercise by taking two stairs at the same. Sport pedagogues recommend taking the stairs whenever you feel stressed. Additionally, it boosts the brain activity and blood circulation.



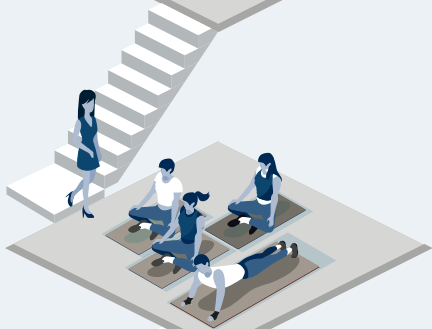
GET AB FIT BEHIND THE DESK

Lift your legs so that your feet are a bit above the ground and keep your back straight. Don't support this position by using your arms and hands. Hold it 10 seconds and repeat the exercise 10-15 times. The advantage of doing this exercise is that your colleagues won't detect that you're doing it, so you can even do it in call or meetings.



UNWIND WITH YOGA

Yoga reduces stress and supports your concentration and creativity. This exercise stretches your backbone which is especially good if you have back problems. For the yoga position Cobra, lie down on your stomach, hold your hands close to your body at the level of the navel and lift your upper body slightly off the floor. Hold this position for 15 seconds.



USE YOUR LUNCH BREAK EFFECTIVELY

Are you the type of person who likes to snack while in front of the computer? It's time to change that! Go eat outside, even if it's brief. Take a walk and get some fresh air, it will boost your productivity for the rest of the afternoon.



BEING BUSY WILL NEVER BE AN EXCUSE ANY MORE