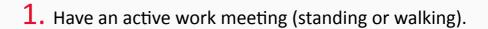
10 tips to be more active

At worksite



- 2. Do activities standing while: you talk on the telephone, you classify documents, you make photocopies or wait for a telephone call.
 - 3. Instead of using the telephone, walk over to a colleague to talk (if you work in the same building).
 - 4. Walk during your breaks (mid-morning and/or at lunch).
- 5. Substitute coffee breaks for walking breaks (you can have a cup of coffee while walking!).
- **6.** Do not sit for two consecutive hours. Shift position and get up to "stretch" your legs.
- 7. Every now and then rotate your shoulders and stretch your neck when working at the computer.
- 8. Contract your back and abdominal muscles while sitting on public transportation or at the office.
- **9.** Adopt an ergonomic posture (consult an expert for each work station).
- 10. Enroll as a group at the nearest sports centre.



