



# Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by SullivanCurtisMonroe Insurance Services, LLC



## ADDING WALKING TO YOUR DAILY ROUTINE

Working a remote or in-person office job that requires you to sit for most of the day can take a toll on your physical and mental health. Luckily, walking is a feasible way to add in exercise for most and can provide several benefits.

According to a study published by the American Journal of Epidemiology, just 30 minutes of physical activity a day can counteract a day of sitting. Another study from Columbia University found that just five minutes of walking every 30 minutes can offset some of the more harmful effects that come from sitting for extended periods of time, such as the increased risk of heart disease, high blood pressure and diabetes.

This article discusses the benefits of walking daily and provides several tips on how to add walking into your routine.

### Benefits of Walking

While walking is a relatively easy activity for most, it shouldn't be overlooked as there are many benefits to regularly taking a stroll. Some benefits of walking include:

- Weight maintenance
- Reduced body fat
- Increased cardiovascular fitness
- Improved endurance
- Higher energy levels
- Better mood, memory and sleep
- Strengthened immune system

- Decreased stress

### Ways to Implement Walking Daily

Making time to go to the gym every day can be hard, and many people do not have the time to do so consistently. Luckily, walking does not require much additional time and can be implemented into a routine rather easily. Consider the following tips for including more walking into your daily routine:

- **Make small goals.** Create small goals, such as taking a 10-minute walk at lunch each day. By implementing small goals like this, you are more likely to be successful in maintaining a new walking habit.
- **Diversify your routine.** Change your walking routes to keep yourself from becoming bored. You may also consider walking at different speeds throughout your walk to keep things interesting.
- **Walk with friends.** Invite friends to join you on your walks. This not only encourages you to keep the habit because you know others are counting on you to show up, but it also keeps the walks from becoming monotonous.



- **Set reminders.** Decide when you want to walk during the day and set reminders to do so. It's easy to forget to take a break when you get into your work, so setting reminders can ensure this doesn't happen.
- **Get a walking pad.** A walking pad—also known as a folding floor treadmill—is a small pad that fits under most standing desks. If you find yourself unable to make time to walk during the workday, consider getting a walking pad. This allows you to walk at a standing desk at any point during the day.
- **Listen to your body.** Don't be afraid to take time off or modify your routine. It is important to pay attention to your body's signals and take care of yourself so that your new routine is one that you are able to maintain.

### Takeaway

Most office jobs require a lot of sitting which can be detrimental to your health. Implementing walking throughout the day can not only improve your physical health, but your mental health as well.

To learn more about creating a physical activity routine, talk to your primary care provider and discuss what works best for you.