

Workday Workouts

By American Heart Association News

Too much sitting is bad for your health. But how do you get around that at the office? Here are 5 ways to sneak in some exercise.

Start with your commute – Try cycling or walking to go to work.

Stretch it out – Starting at your neck and shoulders, take a few moments to focus on each part of the body.

Transform screen time – Use a standing desk. 0.00g188/0(r)]TJ 0.00 0.8p217 0 Td [7.9 (o)-[(B)-3ye814cPw7.6