

7 tips to get fit@work

seriously? if the president of the united states can find time to work out everyday — so can you. making excuses won't get you any closer to your goals. luckily, we've got 7 ways to be healthier and get fit — while at work!

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fit losophy
creators of fitbook™

- 1 work that core:** sit on a stability ball for an hour in the afternoon to give your abs and posture a workout.
- 2 lose the technology:** seems impossible, we know, but instead of e-mailing or instant messaging your co-worker, walk to their desk!
- 3 move it:** take the stairs instead of the elevator and stop searching for the closest parking space... you'll save time and burn extra calories.
- 4 maximize your lunch hour:** save on calories and cash by brown-bagging it. eat at your desk and then go for a quick stroll!
- 5 walk and talk:** get outside those conference room walls and go for a walking meeting with your co-workers. you'll not only get a little exercise, but will often have better brainstorms by changing up the scenery.
- 6 healthy options:** be the one to bring a healthy alternative to the office so that you and your co-workers have an option for, say, fresh fruit, instead of cake, for dessert.
- 7 motivate the troops:** start an in-office weight loss challenge — get your co-workers on board and get the support of HR.

fitbook: the latest trend in corporate wellness!

find out **why** smart companies are spending money right now on corporate wellness programs — **even when times are tight.**
[hint — 6:1 return on investment]

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