

Exercising in the Office

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At the Computing Center, our logistics people, technicians, and engineers get a reasonable amount of exercise daily. Just part of their jobs. Up, down, moving equipment and inventory, as well as delivering products all over town. Others "fly a desk". It's hard to keep fit doing that without some conscious thought. Here are some ideas.

Stay fit and focused

You've probably already heard that sitting at a desk all day is bad for your health. According to the World Health Organization, physical inactivity is classified as the fourth leading cause of global deaths, causing 6% of deaths globally.¹ But don't quit your desk job just yet! There are new innovative gadgets that can help you stay fit while working. We take a look at the top fitness inspired solutions designed to help you power through your workday.



Watch your posture

Bad posture while sitting creates a host of problems, from jaw pain to pinched nerves in your back. New wearables are designed to help keep you sitting straight and tall at your desk. These posture-training devices are about the size of a lapel pin and attach to your skin or clothing. They gently vibrate when they sense slouching, training you to improve your posture throughout the day.

Take a stand

Who says you have to take a desk job sitting down? Try a standing or adjustable desk. In fact, one study found that 43% of workers who traded their chair for a standing desk reported improved performance within a year.² There are a variety of versions available from adjustable height desks to "converters" that sit on top of your current desk.

Tread on

Ideally, we could all fit exercise into our busy schedules. Since that's not always possible, fitness enthusiasts have found a way to bring the gym to the office. Treadmill desks—available as a single unit or as standing desk accessories—allow you to work out while you're at work. It takes some time to get used to moving and typing simultaneously, but it's a great way to try and reach your goal of 10,000 steps per day.

Tour de desk

If you're a cycling enthusiast, an under-desk bicycle might be more your speed. These pedaling machines fit under your desk and you can work different muscle groups as you pedal forwards or backwards. And if you're a foot shaker, this is a great way to release pent up energy (just make sure your knees don't hit the bottom of your desk while pedaling).

Upgrade your kicks

Why should wearing shoes feel like work? Supportive, comfortable shoes can help you stay productive and fit in the workplace. Unsupportive or poorly fitting shoes can lead to foot problems and workplace

injuries. In fact, British Columbia has banned mandating high heels be worn in the workplace. ³ If your office dress code doesn't allow sneakers, store a pair at your office so you're motivated to get up and step out for a run or brisk walk.

Track your progress

Regardless of how you try to stay fit through your workday, keeping track of your progress helps you stay motivated. Wristband wearables track your daily steps, distances walked, weight, calorie intake, and calories burned. Some of the more advanced trackers even record your sleep through light, deep, and REM stages. And sharing stats with your friends and coworkers makes daily fitness more of a game than a chore.

[1] World Health Organization, Physical Inactivity

[2] The Telegraph, Standing desks will improve productivity, study by University of Leicester in BMJ finds

[3] The Guardian, Canadian province makes it illegal to require women to wear high heel