



# 5 WAYS TO EXERCISE WITH A COWORKER

Being active can energize your mind and body throughout the day. Invite a coworker to join you in a movement break to add some play in your day.



## WALK THE TALK

Take a walk together with coworkers after lunch or during a break to get your steps in. Keep it interesting by walking different routes, taking the stairs, or trying new stretches to warm up.



## ENERGIZE YOUR MEETINGS

Make time for physical activity during meetings. Take meetings on the road with a walk, or stand for part of the meeting. Break up longer meetings with a quick stretch or other energizing movements.



## TRAIN TOGETHER

Hit the gym with a coworker before or after work or take a fitness class at SFHSS together\*. Even if you can't be active together, you can train together for an event, like a 5k run, and keep each other motivated.



## BRING RECESS BACK

Create your own *Instant Recess* by setting up a specific time and place each day to be active with your coworkers. Have someone lead the group through some simple exercises, stretches, or find a quick exercise video to do together.



## CHALLENGE EACH OTHER

Set up a friendly competition with your colleagues that centers around physical activity. Who can get the most steps in a day? Who can get to the gym the most number of days in a week? Who can take the stairs the most in a month?

