

BURN CALORIES WHILE WORKING AT YOUR DESK

In the last lesson, you learned some strategies to tackle the stairs during your workday. Another common block to burning calories at work, besides elevators, is sitting at your desk. Today, you'll learn calorie-burning solutions to working at your desk.

When you consider how much time you spend sitting at your desk at work or at home, you're losing a big opportunity to incorporate fitness into your routine. However, switching to a standing desk can help.

A standing desk forces you to be more active and burn calories. Researchers at the University of Pittsburgh discovered that **you can burn an extra 8 to 10 calories for every hour you stand**. Although this may not seem like a large amount, it adds up over the course of a long workday.

In addition, there are other advantages to using a standing desk, such as better posture, stronger muscles, and less back pain. Standing may also help you better regulate your blood sugar.

THESE TIPS WILL HELP YOU GET THE MOST ADVANTAGES FROM USING A STANDING DESK:

1. **Keep moving.** Switching to a standing desk will help you immensely, but remember to keep moving as well. Flex your arms and tap your feet. Switch the positions of your feet.
 - **Alternate between sitting and standing to give your legs a break.**
2. **Consider getting a treadmill-standing desk.** This is the ultimate way to work and exercise at the same time. A treadmill-standing desk forces you to run or walk all the time. Your body has to keep

moving or fall off the treadmill.

3. **Follow the 20/8/2 rule.** This rule can help you get the most fitness out of your day while using a standing desk. The 20/8/2 rule refers to what you should do in each 30-minute time period.
 - **During a 30-minute time period, sit for 20 minutes and stand for 8 minutes. Use the last 2 minutes to get up and move around.** This forces your body to keep moving.
 - You can set an alarm at your desk to keep track of this rule.
4. **Focus on comfort.** One of the most important aspects when you switch to a standing desk is to remember comfort. You may spend eight or more hours at your desk. **It's important to be comfortable while doing your work.**
 - Buy shoes that are strong, yet supportive and comfortable.
 - Purchase an ergonomic or gel mat to stand on at your desk.
 - Also, you need a desk that's easy for you

to use. If it's too hard, you'll soon get rid of it.

5. **Consider an adjustable standing desk.** The adjustments allow you to sit and stand at different intervals. An adjustable standing desk is more versatile and can be changed throughout the day to fit your needs.

OR, ALTER YOUR CURRENT DESK

Alternatively, if you can't, or don't want to, invest in a standing desk, you can try to adjust the one you have:

- Put your current desk on blocks to make it higher.
 - Add books or plastic crates to raise your computer and keyboard, so you have to stand to reach them comfortably.
 - You would still want to invest in a gel mat or other soft cushioning material for the floor because your feet will get tired from standing.
- It's important to consider the entire**

ergonomic situation of the desk.

Add more exercise to your life without going to the gym by getting a standing desk. You'll burn more calories and strengthen your health.

But what if a standing desk won't work for you? There are still things you can do to add more movement to your workday.

BURN CALORIES WITHOUT A STANDING DESK

If a standing desk isn't feasible in your situation, use these strategies to burn more calories:

1. **Stand up and move.** Try to stand up and move at least once every 30 minutes. Go get a drink of water. Go to the bathroom. Walk around the room. Do some quick exercises. Even a minute or two of exercising will help get your blood flowing again throughout your body.
2. **Hand-deliver items to your coworkers.** Instead of sending an email, go to the person's office or desk and discuss the item in person, if possible. Hand-deliver documents yourself.
3. **Stand up during phone calls.** Use every call as an

opportunity to burn calories.

4. **Exercise sitting down.** Even while you're sitting, you can move. Fidget. Move your arms, legs, and feet. Squeeze your toes and do foot circles. Any movement will burn some calories.

Even if you work at a desk, strive for constant movement. Remember the key to burning calories. Get up as often as possible, at least every 30 minutes. Just the act of standing up burns calories and gives your body a break from sitting.

Other common occurrences at work that give you opportunities to burn calories are meetings and phone calls. Find out how to use these to burn calories in the next lesson.

HERE'S WHAT YOU NEED TO DO TODAY:

Can you switch to a standing desk at home or work? What would it take to do this? Do you need to save money or get permission from higher up to alter your desk? Make a plan to make this happen. Over time, you'll be glad you did!