

# MODULE 2 - SUMMARY AND REFLECTION

There are so many ways you can burn calories while you're working! Wherever you work, whether you have a desk job or not, you can still burn calories.

**These are some strategies you discovered in Module 2 for burning calories at work:**

## 1. **Commuting**

- Try a more active form of getting to work, such as biking or walking.
- If you must drive, sing your heart out on

your commute.

- If you take public transportation, stand when you can.
- After you park, take the scenic route to your desk.

## **2. Take the stairs**

- Use the stairs, instead of the elevator whenever you can.
- If there are too many stairs, get out of the elevator one or two floors before yours and then take the stairs the rest of the way.
- Get a stairway buddy.

## **3. Working at your desk**

- Get a standing desk, or raise your current desk so you can stand while working.
- Follow the 20/8/2 rule for alternating standing and sitting each half-hour.

- If you can't get a standing desk, get up and move around every 30 minutes. Find excuses to get up.
- Exercise sitting down. Remember, the key is constant movement.

#### 4. **Meetings and phone calls**

- Schedule walking meetings
- Always stand up for phone calls. Make this a habit. Let the ring of the phone cause you to automatically stand up.

#### 5. **Lunch**

- If you take your lunch, keep it in a refrigerator far away, so you need to walk to get it.
- When you go out, choose a close eatery so you can walk there.
- Start an aerobics or yoga class, or have a friendly sports game, during lunch with your coworkers.

With all these techniques, there are surely some that you can implement to burn more calories at work. Don't worry about trying to do all of them. Start slowly! Then add more as you get used to the ones you're doing.

## **SELF-REFLECTION EXERCISES:**

Please download and print out the ***Burning Calories Made Easy - Weekly Checklist*** from your Additional Resources box. Make copies, and use one checklist each week to track your efforts to burn more calories in your regular routines - at home, work, and out and about.

Give yourself a gold star for each activity you do each day.

Feel good about your efforts! You'll rejoice in seeing the page get more and more covered with those gold stars! Just think of all the calories you're burning!