

# Stand 30X Challenge

1. Take the stairs to your desk.
2. Stand to retrieve print jobs.
3. Stand to get your cell phone.
4. Eat away from your desk, standing up periodically.
5. Stand up every time you think about junk food.
6. Stand up during or after each phone call or virtual meeting.
7. Stand up when someone comes to your desk.
8. Stand to celebrate success.
9. Stand up and stretch when beginning to slouch.
10. Stand up when beginning to lean or reach.
11. Stand up and stretch with a coworker.
12. Stand up after every 5 emails you review.
13. Stand after sending a long email.
14. Walk to chat with your manager.
15. Stand up every time your computer stalls.
16. Stand up when you yawn.
17. Conduct walking meetings.
18. Walk to a colleague to discuss a project.
19. Walk to adjust the window blinds and reduce glare.
20. Join a walking group in your office.
21. Walk to refill your water glass.
22. Walk outside to get fresh air.
23. Walk to and stand in a huddle room to make a phone call.
24. Use a headset and walk while on a long phone call.
25. Stand and walk to the back of a conference room during long, back-to-back meetings.
26. Do 15 mini-squats after every meeting or call.
27. Don't ignore nature calling and walk to the restroom.
28. Use your cell phone timer to set a rest break reminder.
29. Add private break reminders to your Outlook calendar.
30. Walk around the office and convince colleagues to join the Stand 30X challenge.

Our bodies are designed for movement, not sitting or standing still. Try some or all of these 30 tips to trigger more opportunities to keep your blood flowing and reduce your risk.

