



YOU'RE
STEPTEMBER *ing*

**LET'S MAKE SURE
YOU HIT YOUR TARGET
OF 10,000 STEPS A DAY.**

INCREASING STEPS IN THE OFFICE

steptember.org.au

We're counting on you.

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Goodman⁺

IDEAS FOR AT WORK

Set an alarm to get up from your desk.

Set an alarm for at least once an hour. Outside of all your other efforts to increase your step count, setting aside five minutes each hour to get up and move will make the biggest difference to your step count - and your health.

Try out a standing desk and step while you work.

Or, if you can't get a standing desk, try sitting your monitor on a sturdy box to give it some extra height. Bonus points if it requires you to hold a squat position.

Walking catch-ups.

If you need to catch up with your manager one-on-one, suggest you take a walk around the block to talk rather than in their office.

Hold a standing meeting and do steps on the spot.

It will free up meeting rooms and might even be more productive. Win-win!

Set yourself goals.

Set goals for yourself to reach every few hours and make yourself accountable by doing it with your team. Can you all get up to 2,500 before you go for lunch?

Take the stairs.

If you're able, take the stairs over the elevator. You can start small and take just one flight before calling the elevator, then take two flights tomorrow and so on.

MORE

IDEAS FOR AT WORK

Talk to co-workers face-to-face.

Stop emailing and calling people in your office to ask them questions and go over to their desk. You'd be surprised at how many times you'll be getting up, and how much better it is to talk face-to-face.

Volunteer for the morning coffee run.

Become everyone's favourite person and volunteer to do the morning coffee runs. Try to pick a coffee shop that's a little far away so you can get some more steps in. Fundraising bonus: ask them to make a small donation for your services.

Pick the furthest printer.

If you have to print something, use the printer that is furthest away from your desk. Bonus points if it's on another floor and you take the stairs. Same goes for bathrooms, kitchens, meeting rooms...

Hire a treadmill.

Going outside to take a walk might not always be appealing, so how about asking your boss if you can hire a treadmill to have in the reception area? Not only will it give you and your colleagues a chance to rack up steps, it will also help to promote Steptember to those who haven't signed up yet, including visitors.

Standing phone calls.

Try to make and take calls on your mobile and walk around while you're talking. See if you can connect a wireless headset for your work phone too.

Wear comfy shoes.

Do you wear heels to work? Bring a pair of joggers or comfortable shoes to change into if you're just walking around the office. You'll be surprised how many more steps you'll squeeze in with a pair of comfy shoes on!

IDEAS FOR BREAKS

Treat yourself.

Buy your lunch somewhere that requires a 10 minute walk - each way!

Eat standing up.

If you're eating food you've brought in, make sure to eat it standing up. If you've put it in the microwave see how many steps you can take on the spot while it's heating up.

Laps while you wait.

If you're making your coffee or tea in the kitchen, don't just stand around waiting for the water to boil. Do some laps around the office while you wait.

Go to the park.

Go eat your lunch in a nearby park or somewhere outside. You'll also get the added benefit of fresh air and some sunshine.

IDEAS FOR COMMUTING

Get off one stop earlier.

Get off at the bus, train or tram stop one sooner than you usually do to get in some more walking time.

Park further away.

If you drive to work or the train station, park your car a little further away than you usually would. Not only will this help get your step count up, but it might help reduce your stress levels of trying to find a park close to the office.

Laps of the train platform.

If you catch the train to work, move up and down the platform while you wait. See how many times you can make it along the whole platform before your train arrives (maybe a delayed train could be a bonus for once?).

Stand up on public transport.

Don't just move on the platform - stay standing on the train or bus and get some on-the-spot steps in there too.

IDEAS FOR

THE WHOLE OFFICE

Hold a Nintendo Wii boxing competition.

Yep, boxing counts as steps too. Fundraising bonus: the person with the highest donation wins the chance to box against the CEO!

It's mini-Olympics time!

Create some friendly competition between Steptember teams and rack up your steps at the same time. The activities don't have to be complicated or too challenging, just enough to get you moving. Why not see who can do the most pushups in a minute? Or, who wins a three-legged race down the main corridor? Most rotations with a hula-hoop? Fundraising bonus: get others to tip which team they think will win.

Got any yoga, pilates or gym instructors in your office?

Ask if they will donate some of their time to run a class for you and your colleagues.

Never underestimate the power of a little friendly competition.

How about offering a prize to the person or team who takes the most steps each week? Doesn't have to be a physical prize either - what about getting the CEO's car spot for a week? That'll get those bodies moving quick smart!

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