



■ Activate January 2019 – Bite Size

How to activate your working day, helping you make a sustainable change for 2019

Take a look at the options below for ideas to activate your working day. Bite - size activity is just 10 minute chunks of physical activity that can easily be done in and around your working day.

Grabbing colleagues to pop outside for a lunchtime walk or a game of table tennis around the boardroom, taking the stairs instead of the lift or even walking to a different toilet – every 10 minutes count!

Take a look at some examples to kick start January:

- **Midday Mile** – is there a loop to walk near your office at lunchtime? Get a team of you together to find some new routes and share with colleagues.
- **Keepy Uppy Challenge** – can you increase the number of kick ups you can do with a football week on week (one of our team is stuck on 7 in a row...since January 2018...but still hopeful of the magic 10!)
- **Mobile Meetings** – can your call be taken on the move – arrange catch up calls on a mobile if possible and either walk around the building or outside.
- **Leave the Lift** – start by exiting the lift a floor early and taking the stairs, build up to using the stairs every time you venture around the building.
- **Ping o Clock** – designate a time when you convert the board room table into a table tennis space. Play around the world with big groups to include everyone who wants to play! If you work in Bristol, take a look at the Ping Bristol website [HERE](#) and find a table near your office to walk to!
- **Step Up** – set yourselves challenges as teams to walk a number of steps per day and create a challenge board. Most smart phones will track your steps now so pop your phone in your pocket and start marching.
- **Office Stretch Off** – simply breaking up your sedentary routine by doing a few stretches.