

Movement in the Workplace



The Lunchtime Mile

1. Bring your walking shoes to work. The more colourful they are, the faster they make you go. Proven fact.
2. Map a one-mile loop near or around your workplace. Use an app such as Map my Run or Run Keeper, or a website such as Google Maps or AA Routeplanner, or a good old-fashioned road map to help you. This can be a full mile-long loop, or a shorter distance that can be repeated to make up a mile. Or simply walk out your office door and keep walking. Turnaround after half a mile. Then it's another half a mile back!!! If you're very modern, you can measure in kilometres.
3. Select one day per week to complete the lunchtime mile. In the beginning, you might like to start with a shorter distance and build up to a mile over time.
4. You can walk, run, jog, hop, skip, dance or crawl. Just keep moving.
5. Bring a colleague with you!
6. Maybe you'd like to do the lunchtime mile more than once a week?
7. Put a copy of the lunchtime mile map up in the staffroom (if you work at home, put it up in the kitchen!) Have a friendly competition with your colleagues (or family) – who can clock up the most miles in a month?
8. Smile and enjoy the wind in your hair (and the rain in your eyes – it's good for your complexion). If you don't have any hair... smile anyway 😊