

## FACTS



# 7 COMPELLING REASONS FOR MOVEMENT DURING WORK HOURS



### **Increased energy levels:**

Movement boosts blood circulation and improves oxygen supply to the body, which can increase your energy levels and reduce fatigue.

### **Enhanced mental clarity:**

Activity stimulates the brain and releases endorphins, improving concentration and mental performance.

### **Reduced stress and anxiety:**

Movement reduces stress levels by releasing neurotransmitters that have a calming effect on the mind.

### **Improved physical health:**

Regular movement strengthens muscles, enhances the circulatory system, and contributes to overall better health.

### **Prevents lifestyle diseases:**

Invest in your health for an active old age by moving your body now.

### **Increased productivity:**

Short breaks with movement can enhance productivity by giving the brain time to rest and recharge.

### **Promotes social interaction:**

Engaging in group movement activities fosters social interaction, strengthens teamwork, and enhances the overall work environment.



REFERENCE WITH QR

- [ANDERSEN, L.L., 2019](#)
- [NHLBI](#)



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STAY ACTIVE WHILE WORKING