

# JANUARY



## Movement at Work

Everyday  
Movement **MAKES**  
a Difference

**SMALL STEPS,  
BIG REWARDS**

**HEALTH IS  
ALSO IN  
EVERYDAY  
ROUTINES**

**MOVEMENT IS  
ALL DAY, NOT  
JUST IN  
LEISURE TIME**

Everyday movement is daily well-being, both physically and mentally. Even small routine changes make a big difference for overall health.

In a busy everyday life, small changes are the key to better health.

- Raise your desk a little more often - establish a routine for when.
- Take a few extra steps - choose, for example, a coffee machine a bit further away.
- Take the stairs - instead of the elevator.
- Hop on the office bike - plan when you retrieve the bike.

Movement throughout the day is like your fluid intake; it's optimal for the body when distributed evenly.

Movement is not just about going to the gym. Walking, standing, and cycling in everyday life are just as important. Whether it's an established or a new habit, it promotes your health and well-being.

### Question contact:

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STAY ACTIVE WHILE WORKING