



with BARB MINEMIER, AADP
HOLISTIC HEALTH COACH & WELLNESS GUIDE

Take your health back from Big Food and Big Pharma

Here Are Some Solutions To Consider:

- Do ‘walking meetings’ at work - the extra sunshine, fresh air and oxygenated muscles will make you feel invigorated and far more productive once you return to the office?
- Break up long-drives with frequent rest-and-stretch breaks. If you have regular, long commutes to work, this is also important for your concentration and safety as a driver.
- Trial “active sitting” on yoga/exercise balls at your desk. You still need to get up and stretch regularly but these balls do engage more of your muscle groups than regular desk chairs.
- The GOLD STAR SOLUTION... Get a standing or treadmill desk! Admittedly, these can be more expensive than regular desks. However, we all need to stand up for our right to stand up! Start by kindly communicating the benefits to your employer, or even negotiate a desk upgrade as part of your bonus scheme. You can also improvise by using a laptop on a benchtop or high counter.
- Suggest walking "catch ups" with friends, rather than over a meal or coffee.
- Set a timer on your phone or computer to stand up and stretch every 10 to 15 minutes. Yes, I know this sounds disruptive but it's truly so important for your health! With time, you won't even need the timer anymore because your body feels so good with a stretch. That extra oxygenation is good for your brain and productivity too.
- Stand up while you take phone calls.
- Park your car further from the office to add a little extra walking into your day.
- Ride a bike instead of taking the car, whenever possible.
- Opt to stand up on public transport, rather than taking a seat.
- Look for opportunities to interrupt sitting time at work - walk to the printer, take bathroom breaks on another floor level, use the stairs instead of elevators.
- Use ad breaks on TV as a reminder to get off the couch, stretch and walk around.
- Walk over to speak with a work colleague, as opposed to emailing or phoning from your desk chair.
- While reading, use the end of each chapter as a reminder to stand up and stretch.

Don't discount the power of these small steps! Every time you take a moment to stand and move, your body kick-starts the processes needed to metabolize fat and breakdown sugar. This benefits the health of your entire body and boosts your metabolism too.