According to the American College of Sports Medicine, the average person, regardless of fitness level, should exercise 30 minutes per day, at least five days a week in order to reduce the risk of disease and help lead a longer, healthier life. This equates to about 10,000 steps per day! How is that possible for people who work at desk jobs all day?

Have a walking meeting!

Reasons to have walking meetings:

- Physical activity gives you energy and makes you more alert
- Different environments can inspire your creativity
- Walking and talking side-by-side sets you and your co-workers at ease
- Walking burns calories and stimulates oxygen flow around your body. This increase in oxygen flow increases your brain functioning and your ability to solve problems faster!
- A walking meeting can break up your workday, help you stay fit, and make for a more joyful working community.

Here are some TIPS to organizing a successful walking meeting:

- Organize everything you'll need for the meeting beforehand and include an agenda
- With everyone’s permission consider taping the meeting with a recorder
- Make sure everyone knows ahead of time to wear comfortable shoes
- Consider having the walking meeting early in the workday to set the tone for the day and/or late in the afternoon when colleagues need an energy boost
- Figure out how long the walking meeting should be and plan your route
- Check the weather beforehand. If possible, provide a few umbrellas so the weather doesn’t become a barrier to conducting the meeting outside
- Avoid noisy roads and hallways that are distracting and dangerous

Want to know how many calories you burn sitting vs. standing? Check out this online calculator from JustStand.org: http://bit.ly/hVA2lt