



## **No time to work out? Try exercising on the job**

### **Work the Stairs**

Stair climbing can contribute a good 30 minutes to your total daily physical workout. In this form of exercise, you don't need to pay for anything or buy any exercise equipment, plus you can do it anywhere as long as there are stairs.

### **Find seven minutes to exercise**

Click this link

### **[Try the Scientific 7-Minute Workout](#)**

For a fast, full-body weight-training and interval program, close your office door and cue up this video.

Click the links below to learn a little more about how to maintain a healthy weight.

**[Eat Healthfully and Enjoy It!](#)**

**[Why is physical activity important?](#)**



Contact your wellness health educator, Tanner with any questions at

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