



BlueResourceSM – Workplace Wellness – Walking at Work

Put Power in Your Stride

Ready to dial up your fitness? Discover the benefits of a power stride while taking a brisk walk. Here's how you can put more oomph in your work-break walks.

- Keep your head up and look ahead, not at the ground.
- Relax your neck, shoulders and back so you aren't stiff.
- Swing your arms freely to pump up your heart rate.
- Roll your feet from heel to toe for a smooth, easy stride.
- Tighten your stomach muscles and keep your back straight.



Make the most of your break time with a healthy walk.

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