



how to

MAKE OVER YOUR WORK LIFE

It may sound bonkers, but a day at the office can actually be a lot like a day at a wellness center — if you follow this expert advice

BY LISA WHITMORE

FIT IN FITNESS

MOVE FOR 2 MINUTES. Not only can sitting all day typing away at a keyboard give you that dreaded “office tush,” but new research shows it may also take years off your life. Yikes! On the bright side, there’s an easy solution: getting up and walking around for two minutes every hour. A recent analysis in the *Clinical Journal of the American Society of Nephrology* suggests that these tiny snippets of activity are linked to longer life spans.

SIT SPARINGLY. Another upside to taking a stand: Using a workstation that allows you to sit *and* stand may improve

mood and decrease stress. Plus, a study (albeit one on kids) from Texas A&M Health Science Center found that a standing desk upped participants’ ability to pay attention to the task at hand by 12%. (Turn the page for GH’s desk picks.)

GET BUFF AT LUNCH. If waking up at dawn to exercise is as appealing as a hangover, sneak in a workout that’s only slightly sweaty on your lunch hour. Try a 20-minute circuit (find ideas at goodhousekeeping.com/just3moves); it leaves you time to enjoy your sandwich instead of scarfing it down. No gym nearby? Stow sneakers under your desk and go for a quick power walk.

EXERCISE YOUR ATTITUDE

HANG WITH PEPPY PEOPLE.

Take a trip to your favorite colleague’s cubicle, and avoid those whiny coworkers who gab in the break room. If you spend time with folks who are sunny, you may see the glass as half-full, too, suggests research in the journal *The BMJ*.

REBOOT WITH ESPRESSO

BREATHS. Try this easy variation on Bhastrika, a breathing exercise yogis say perks you up faster than a Starbucks run. You can do it at your desk (let ‘em gawk!), in a bathroom stall or in your car. First, let your arms hang by your sides, with hands in loose fists. Then breathe in through your nose as you bring your arms straight up over your head, opening your hands so your palms are flat. Finally, exhale as you bend your arms, bringing your hands — now in loose fists — to shoulder level. Repeat 15 times. Feel energized!

RECAP WITH A SMILE.

Before you leave for the day, write down all the things you did in the past eight hours that felt right or made you grateful. You’ll walk out the door with a sense of accomplishment, freeing your mind to focus on your personal life rather than harp on mistakes. Plus, “making the decision to focus on feel-good tasks gives you an enormous amount of energy to do them,” says Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic!*

BOOST YOUR PRODUCTIVITY

IGNORE YOUR E-MAIL.

And get a *lot* more done. A survey of nearly a thousand managers in the United States and the United Kingdom showed that computer busywork — particularly e-mail checking — wasted an average of 15 hours a week. So disable those notifications and put a few half-hour “reply sessions” on your calendar.

BRAINSTORM DURING THE 2 P.M. SLUMP.

People perform better on creative tasks when they’re a little tired rather than wide awake. Fuzzy focus lowers your inhibitions, which makes it easier to think outside the box, say researchers at Albion College and Michigan State University. →

ILLUSTRATION BY FRANCESCO BONGIORNI

