Look for ways to be active in and around your working environment. Go outside and have some fresh air during breaks. If you work outdoors, enjoy a change of scene.

Celebrate success rather than focusing on what you haven’t been able to achieve.

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Relax your breathing. Take a few deep breaths – this will help you feel calmer.

Put up pictures on your desk to brighten up your work area.

Use your holiday allowance. It will help you unwind and recharge.

Take regular, short breaks away from your desk and use them to be active. Use the time to walk and stretch.

Don’t take work home with you. Use your spare time to meet your physical activity targets and do other activities you also enjoy.

Disclaimer: The activities suggested in this guide have been designed to cover a range of abilities and should not cause any harm. If you do experience any pain or discomfort, stop immediately and speak to a health professional such as a chartered physiotherapist or your GP.