

## HOW TO STAY FIT WITH A 9 TO 5 DESK JOB

Most of us give up on health and fitness with an 8 hour office job. We dream of better days when we will magically have more time to exercise, or miraculously gather the will to eat better; but we know that the day will never arrive. The truth is, there will always be only 24 hours in a day and our first solution to boredom will always be a snack! But that doesn't mean that we can't take care of ourselves and make lifestyle changes that our bodies will thank us for when we're close to forty. Here are some tips to get you all geared up to make healthier choices in the long run:

1. Park further away! Come in 5-10 minutes earlier if you have to. Add this extra walking time - it is so easy! If you Uber to work or take a rickshaw, tell them to end your ride a little far from the entrance. This will get your heart rate up and get blood circulation going. The extra boost will help energize you for the long day at work.



2. Take the stairs instead of the lift. Make a habit of it. After all, you need to squeeze in every opportunity you can snatch at, to move!



3. Make sure to have a healthy breakfast. We trick ourselves into thinking that a paratha is what we need to get enough energy for the day. Or we think the opposite: skipping breakfast will keep us in shape. Actually, fats take a long time to digest, so by having a heavy first meal, we're slowing ourselves down. On the contrary, if we skip breakfast, we're making our metabolism slower. By lunch time, our blood sugar levels are falling, and we start craving carbs – and what do you know? Surprise! We end up over-eating.



4. Snack well. Munching on something healthy keeps us from gorging ourselves and over-stuffing our body with extra calories at lunchtime. Keep a packet of nuts or wheat crackers in your drawer; bring a fruit or a small pack of low-fat milk to sip on at your desk. It will also alleviate those tea-time samosa cravings!



5. Pack your lunch from home. It will almost always be healthier than ordering or eating from the canteen. Even if it's only a sandwich. Pack it the night before if you're in a rush in the morning. Even just a salad in your lunch box will fill you up, and you will find yourself eating one less naan or one less helping of rice.



6. Cut down on caffeine to two cups a day. Not only do we consume extra tea whitener and sugar (empty calories!) because of it, too much caffeine actually causes our energy levels to crash and makes us feel more tired towards the end of the day. Switch to black. Use artificial sweetener instead, and start limiting the number of cups.



7. Remember, you need every chance you get to move. If you have to talk to a co-worker, walk over to them instead of calling their extension. Stand while you're talking. Suggest walking or standing meetings. Set a reminder on your phone to take a walk around the office every thirty minutes. Look up desk exercises; do them three to four times during your workday. Worried about attracting attention? Just move your feet under your desk for 5 minutes - discreetly if you need to. Even short bursts of activity will contribute to your overall fitness.



8. Take a fifteen minute slot from your lunch break to take a brisk walk around your building or outside if the weather permits it. If there is not enough space inside and it's too hot during the afternoon, do it after work before you take your ride home.



9. Watching what you eat and getting more physical activity will guarantee results in a few months - as long as you do it right and don't have too many cheat days!



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