

walk

You don't have to be an athlete to experience the benefits of exercise. Researchers at Duke University found that taking a brisk,

30-minute walk daily

lowers risk factors for heart disease, diabetes, and stroke. Mounting statistical evidence has also found a correlation between exercise and mood, which has been shown to enhance workplace safety, performance, and productivity.

Meeting booster

Schedule a 10-minute walk to kick off your next staff meeting. Encourage everyone to bring comfortable shoes, and identify a safe route around your worksite. You may be surprised by how much you accomplish in the minutes following the walk.