

WELLNESS WEDNESDAY

Walking for Productivity

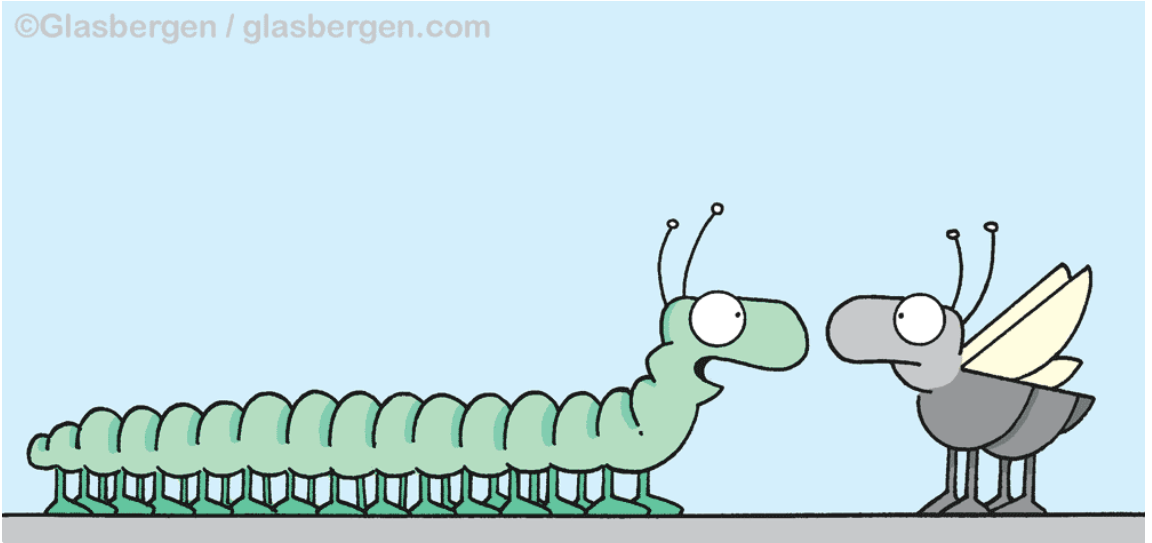
Aristotle, Darwin, Nietzsche, and Wordsworth were all avid walkers, maintaining that walking helped generate ideas. Thoreau said, "...the moment my legs begin to move, my thoughts begin to flow." Steve Jobs preferred to have his most serious conversations during a walk...

"Taking a walk" is often synonymous in the workplace with "taking a break," but if it contributes to better cognitive function, enhanced creativity, and less anxiety, how is walking not considered more productive than stagnating at a desk? If we can take care of business while improving our physical and mental well-being during a walk, that might actually be the single most productive time of our day!

While the benefits to cardiovascular health, circulation, and vitamin D status (from sunlight) are all very important, keep in mind that walking can also be a supportive part of your workday, as well. If you're stuck on a problem, low on energy, or struggling with your mood, a brisk walk might be just what's needed to get back on track.

<https://hbr.org/2021/02/dont-underestimate-the-power-of-a-walk>

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"I tried all the fitness fads, but my doctor was right all along—walking is still the best exercise."

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Connect with Employee Wellness!

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