

# REMOTE WORK SUCCESS

## CHECKLIST



### Get Moving

- **When you work from home, you're in one location much more than normal.** To combat claustrophobia, try to get outside each day. Simple outdoor activities you can do include:
  - Walking
  - Biking
  - Playing a sport like basketball
  - Fishing
  - Go for a Picnic
  - Gardening
- **In addition to just getting outside, try to exercise several times per week.** Consistent exercise helps you keep the pounds off and increases your overall sense of well-being. If you don't have access to equipment, there are a number of apps that can provide you with guided workouts.