6 Rules of Keeping Fit at Work
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1. **Make a Decision**
   - If you want to score a success you must make a decision: do you really want to keep fit?
2. **Be positive**
   - Optimistic mood is a half of success. Belief in yourself.
3. **Walk**
   - You need to move more. The easiest way to make yourself walk is to park your car further out.
4. **Use stairs**
   - Let the others take elevator. Take stairs. Go upstairs and downstairs. It's a great work out for your legs.
5. **Go for walk at lunch**
   - Do not stay at office all the day. Go for lunch outside the office.
6. **Drink 8 glasses of water a day**
   - The water is good for you. It doesn't let you be dehydrated. And water provoke you do more WC-breaks.