

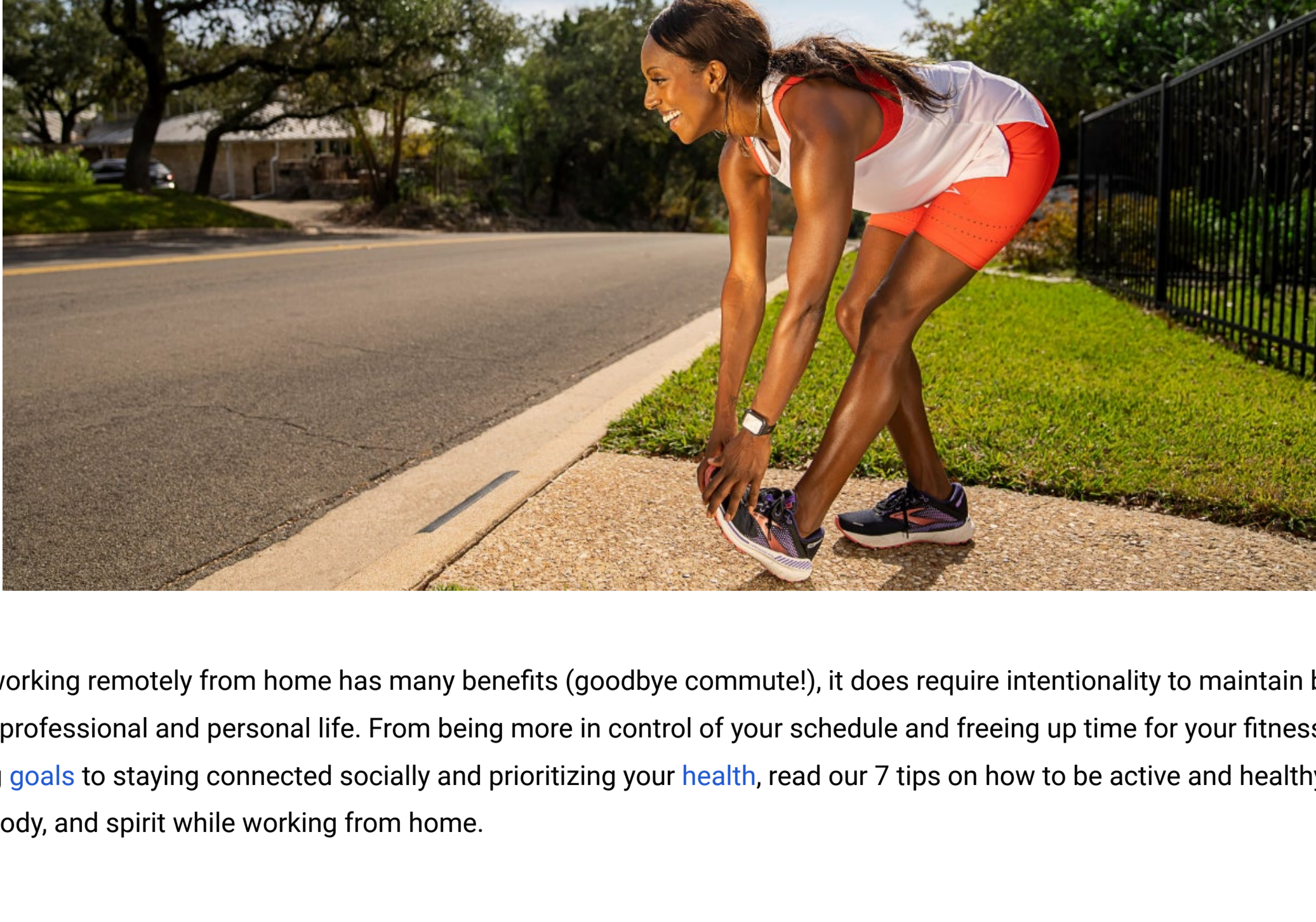
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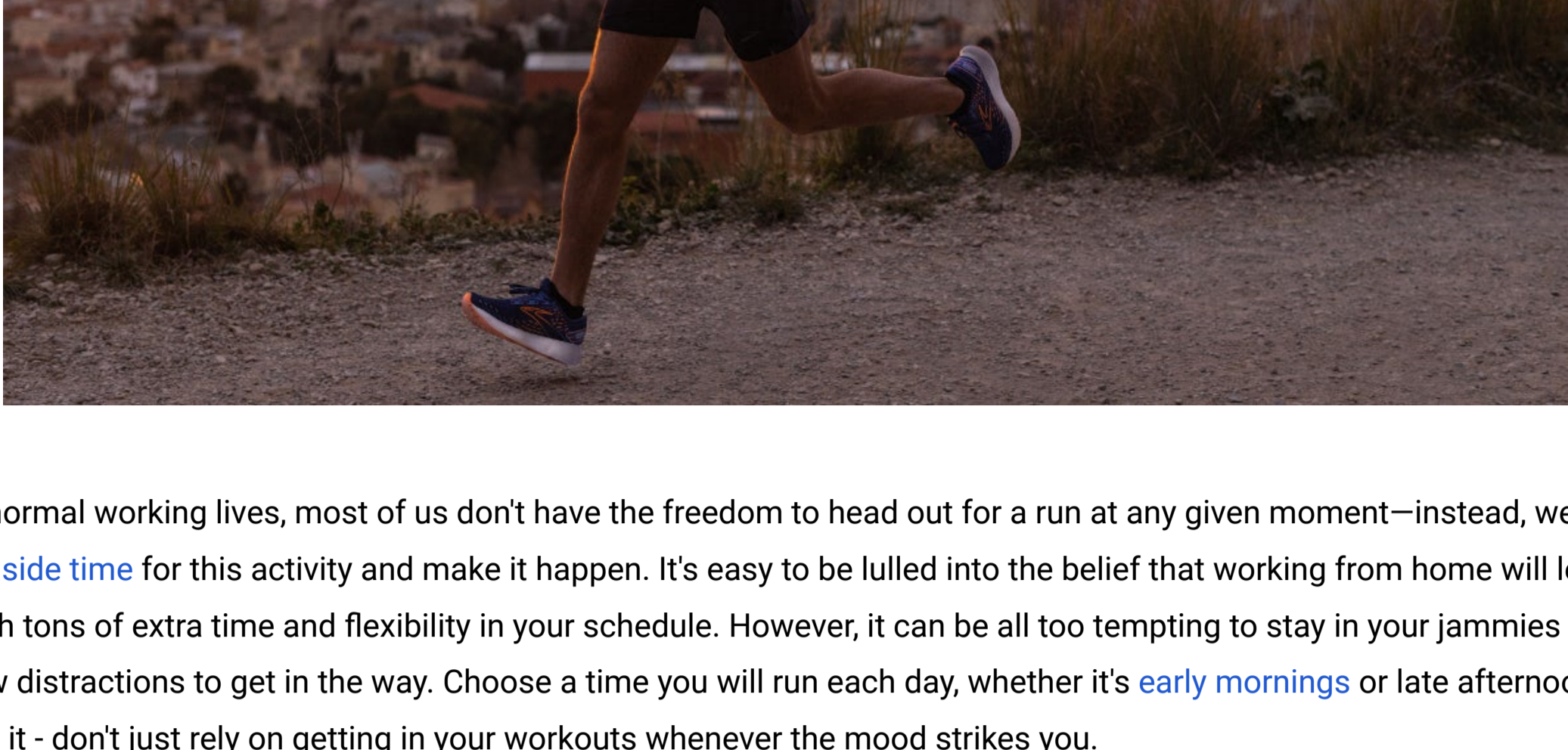
# How to Stay Fit (and Sane) While Working from Home

Updated: October 1, 2024 by Caroline Cross



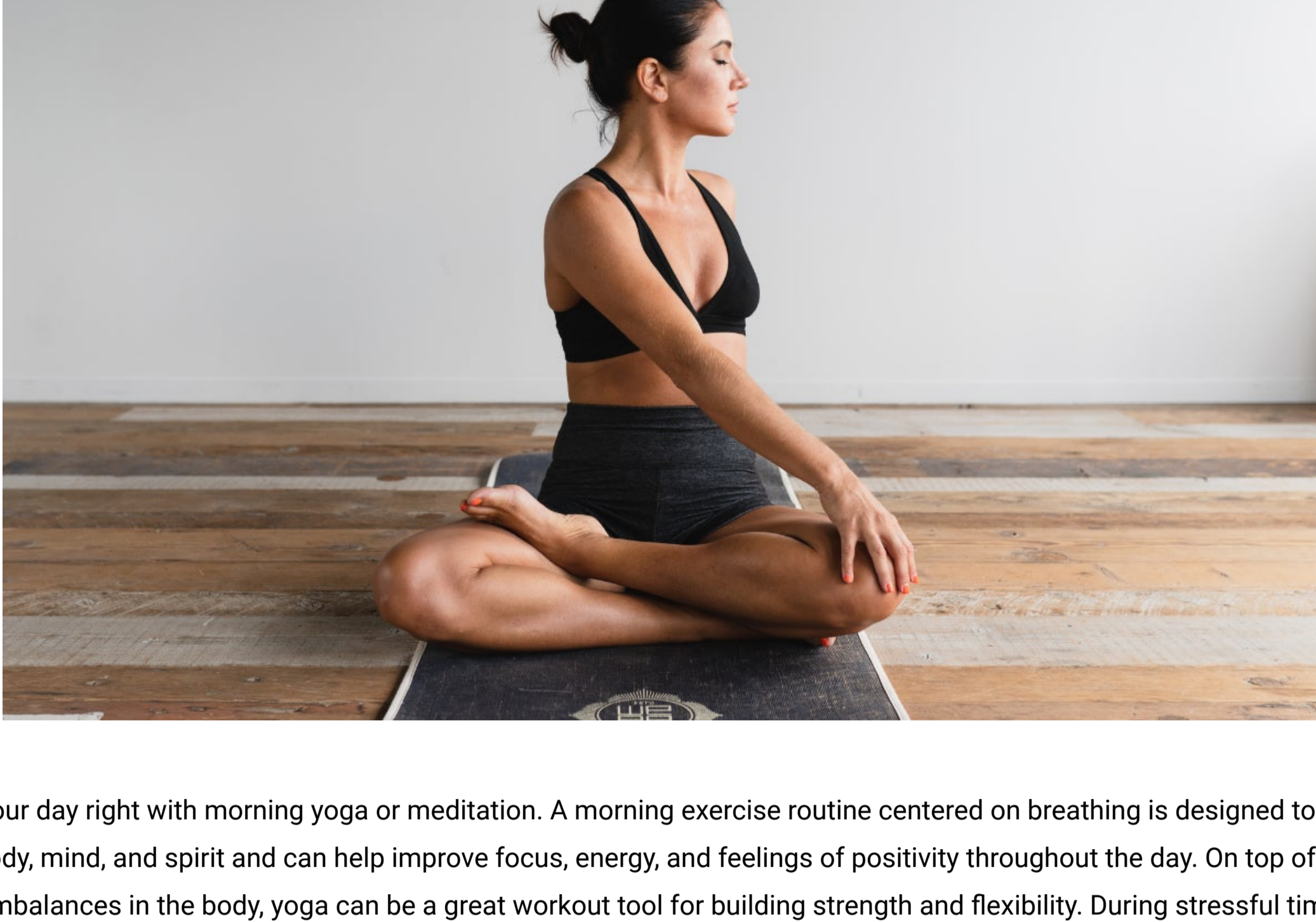
While working remotely from home has many benefits (goodbye commute!), it does require intentionality to maintain balance in your professional and personal life. From being more in control of your schedule and freeing up time for your fitness and training goals to staying connected socially and prioritizing your health, read our 7 tips on how to be active and healthy in mind, body, and spirit while working from home.

## 1 - Set a Routine



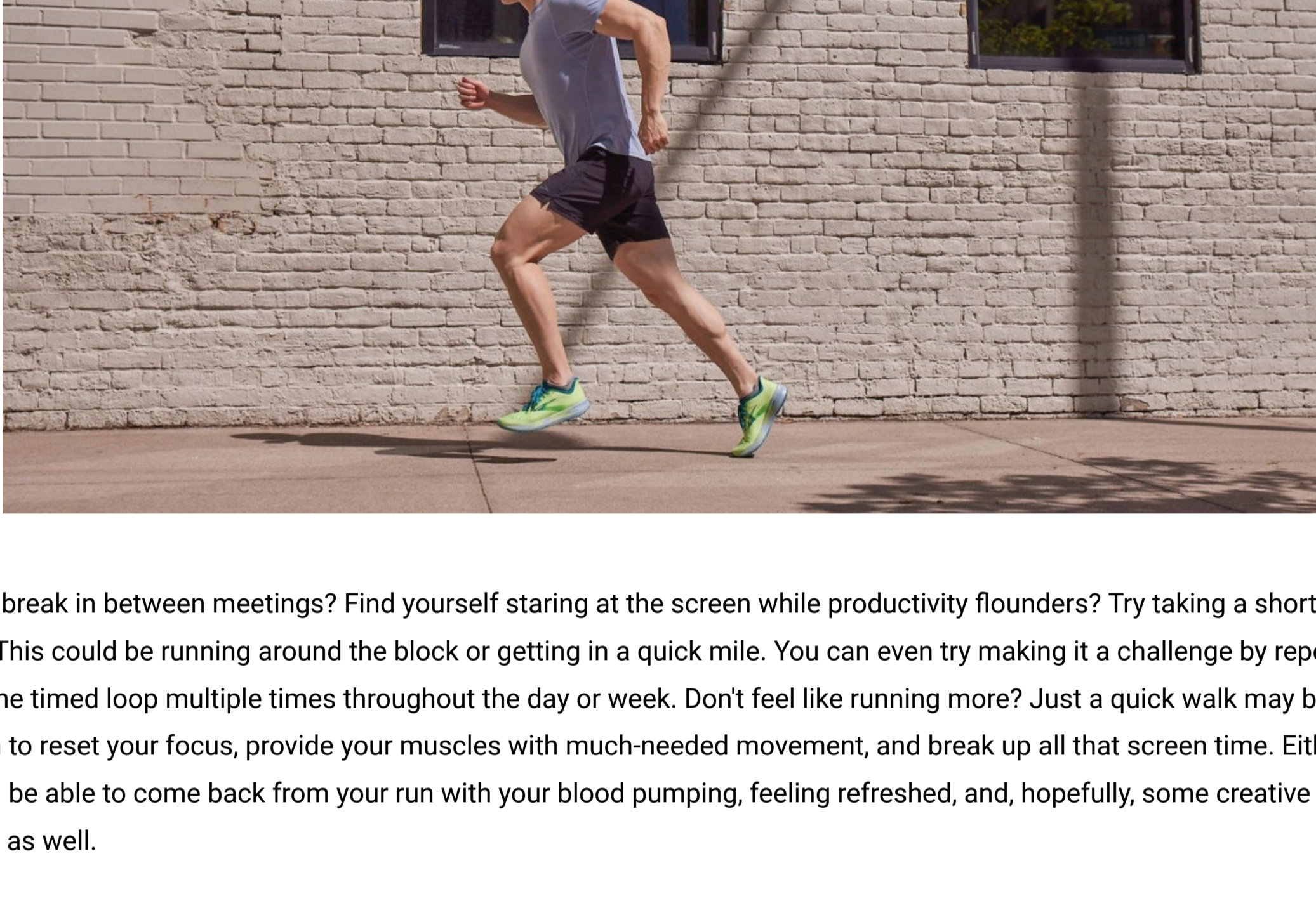
In our normal working lives, most of us don't have the freedom to head out for a run at any given moment—instead, we have to set aside time for this activity and make it happen. It's easy to be lulled into the belief that working from home will leave you with tons of extra time and flexibility in your schedule. However, it can be all too tempting to stay in your jammies all day or allow distractions to get in the way. Choose a time you will run each day, whether it's early mornings or late afternoons, and stick to it - don't just rely on getting in your workouts whenever the mood strikes you.

## 2 - Start Your Day With Yoga or Meditation



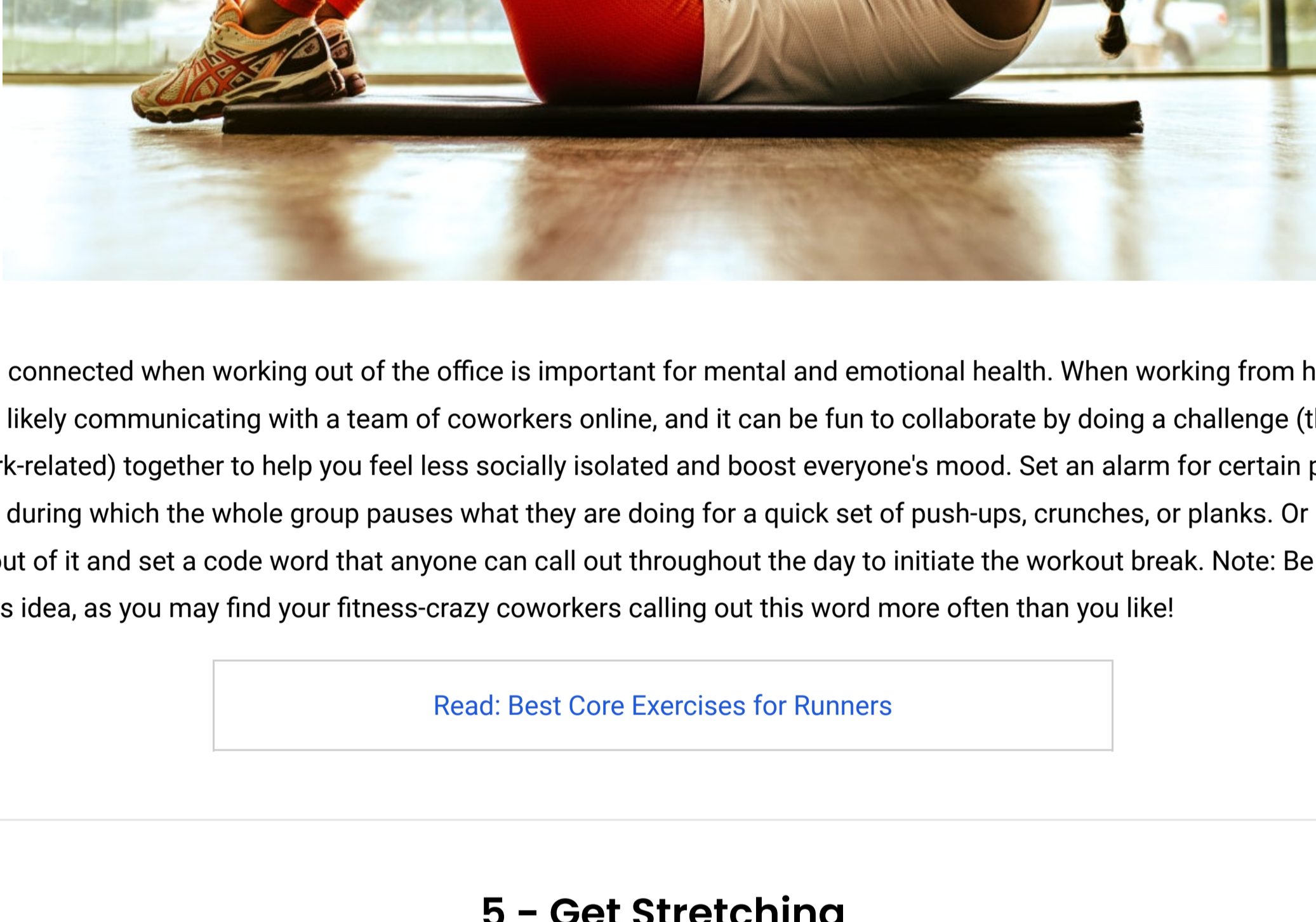
Start your day right with morning yoga or meditation. A morning exercise routine centered on breathing is designed to relax your body, mind, and spirit and can help improve focus, energy, and feelings of positivity throughout the day. On top of helping us fix imbalances in the body, yoga can be a great workout tool for building strength and flexibility. During stressful times, taking a few moments to meditate and practice gratitude can make a big difference in experiencing peace of mind and calming any anxious thoughts.

## 3 - Take Run (or Walk) Breaks



Have a break in between meetings? Find yourself staring at the screen while productivity flounders? Try taking a short run break. This could be running around the block or getting in a quick mile. You can even try making it a challenge by repeating the same timed loop multiple times throughout the day or week. Don't feel like running more? Just a quick walk may be enough to reset your focus, provide your muscles with much-needed movement, and break up all that screen time. Either way, you will be able to come back from your run with your blood pumping, feeling refreshed, and, hopefully, some creative juices flowing as well.

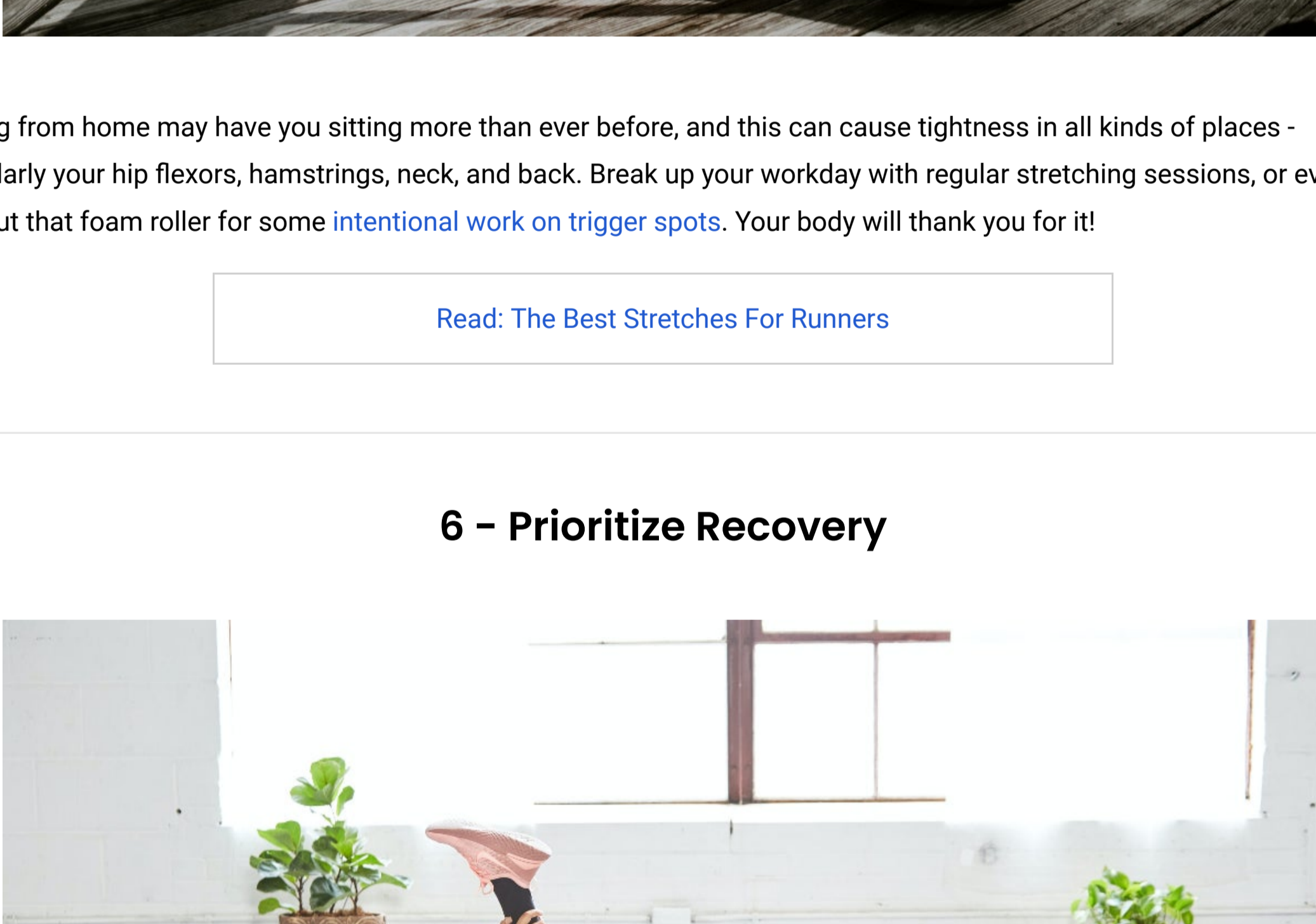
## 4 - Create a Challenge with Your Coworkers



Staying connected when working out of the office is important for mental and emotional health. When working from home, you are likely communicating with a team of coworkers online, and it can be fun to collaborate by doing a challenge (that's not work-related) together to help you feel less socially isolated and boost everyone's mood. Set an alarm for certain parts of the day during which the whole group pauses what they are doing for a quick set of push-ups, crunches, or planks. Or make a game out of it and set a code word that anyone can call out throughout the day to initiate the workout break. Note: Be careful with this idea, as you may find your fitness-crazy coworkers calling out this word more often than you like!

[Read: Best Core Exercises for Runners](#)

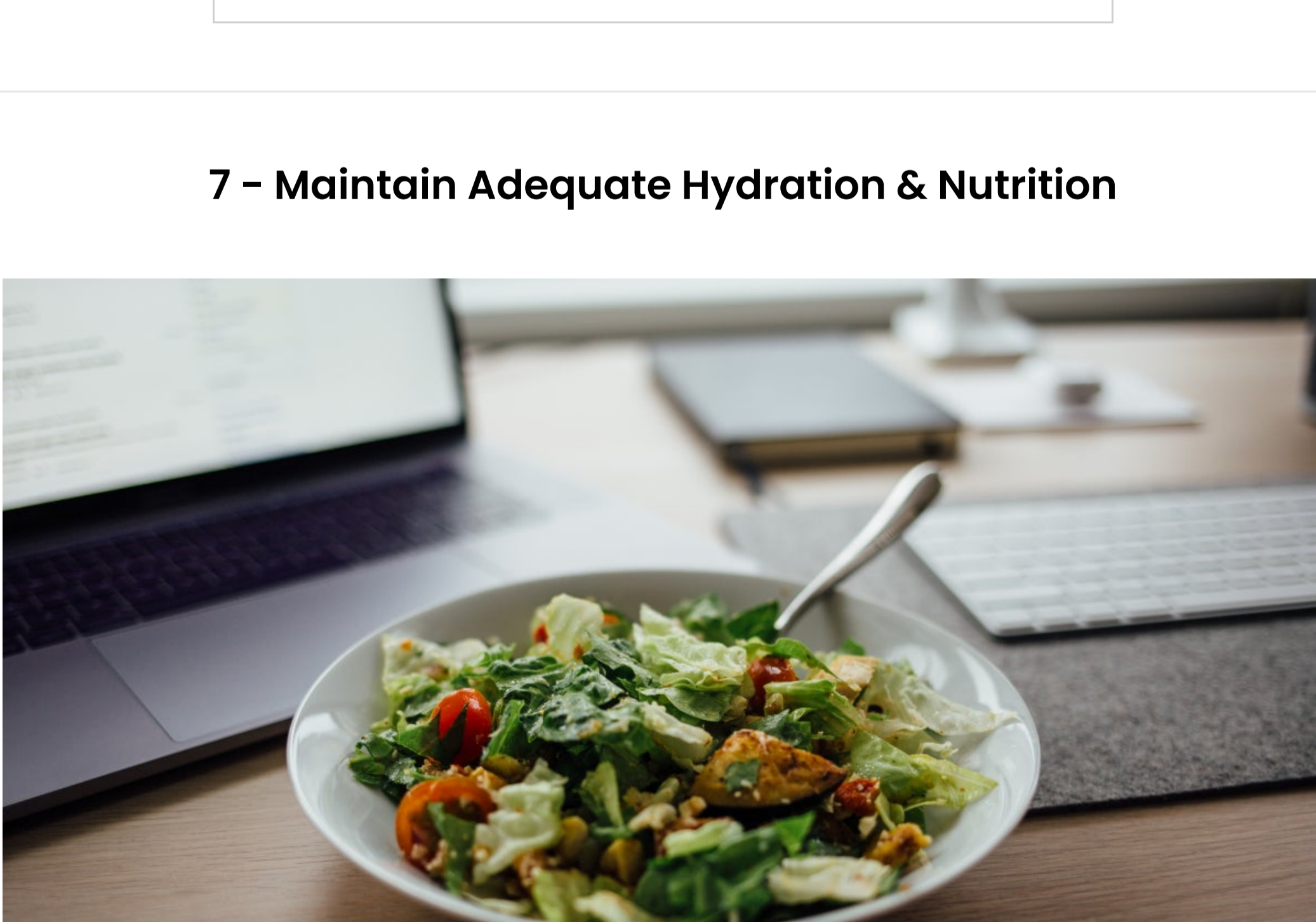
## 5 - Get Stretching



Working from home may have you sitting more than ever before, and this can cause tightness in all kinds of places - particularly your hip flexors, hamstrings, neck, and back. Break up your workday with regular stretching sessions, or even bring out that foam roller for some intentional work on trigger spots. Your body will thank you for it!

[Read: The Best Stretches For Runners](#)

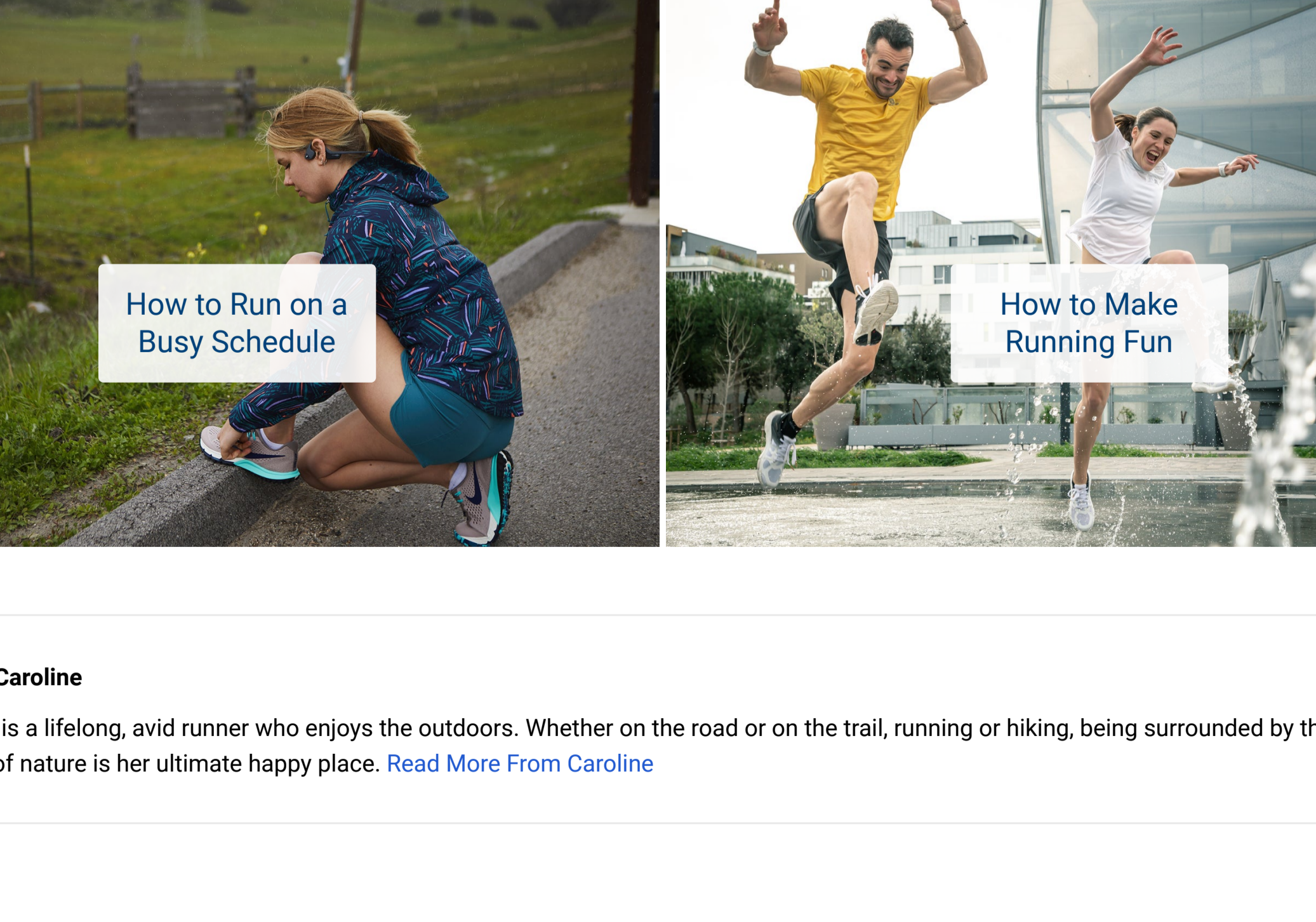
## 6 - Prioritize Recovery



Running can be hard on the body, and we have to admit that, as runners, many of us ignore little aches and pains just so we don't have to stop running. Now is a great time to refocus, wrapped up in the work zone. Whether it's whipping up some eggs or a protein bowl, set aside time for actual meal breaks to meet your nutritional needs. Proper hydration and fuel will also help support a healthy immune system and maintain your energy levels and focus.

[Browse Our Articles on Recovery](#)

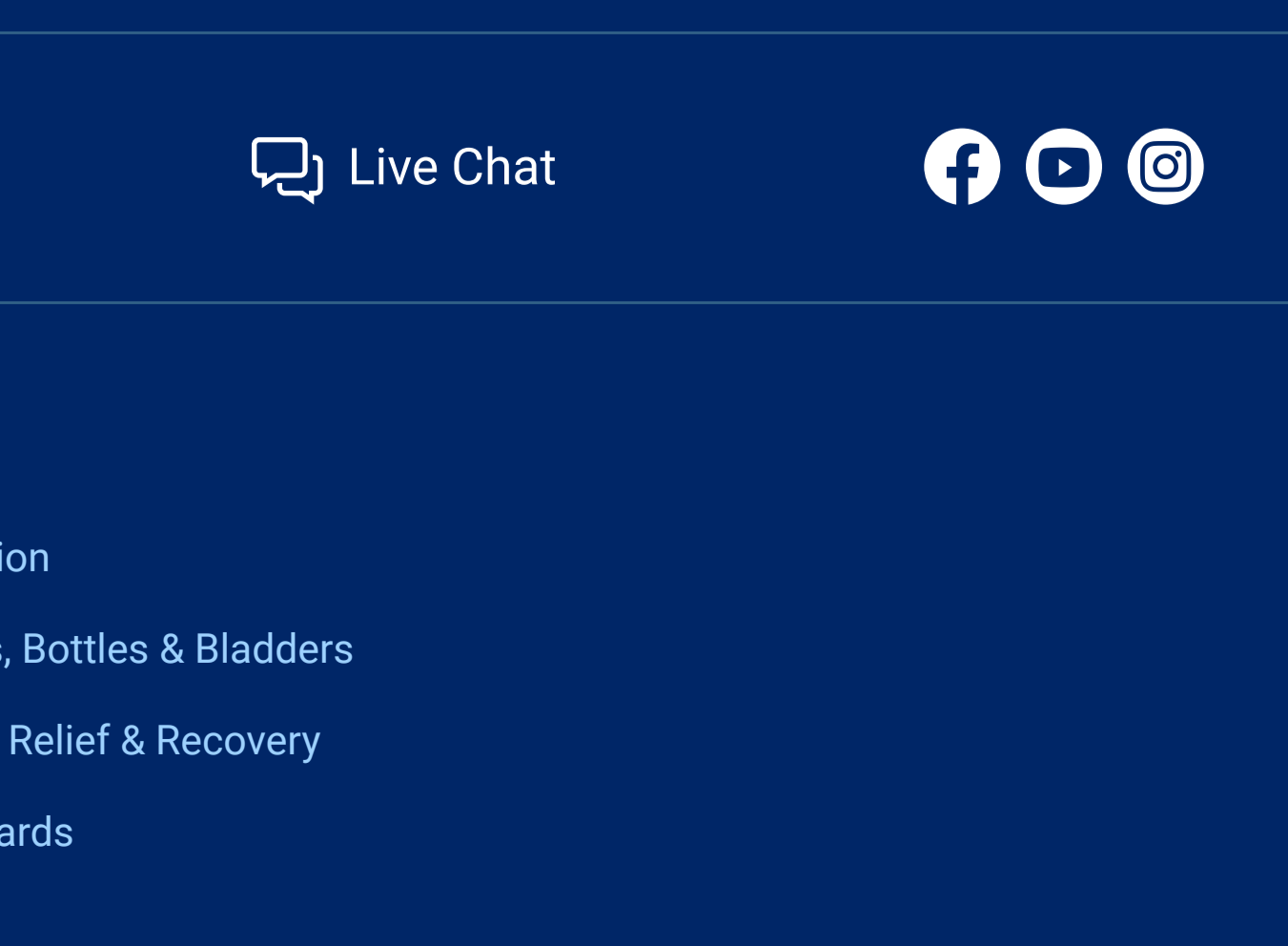
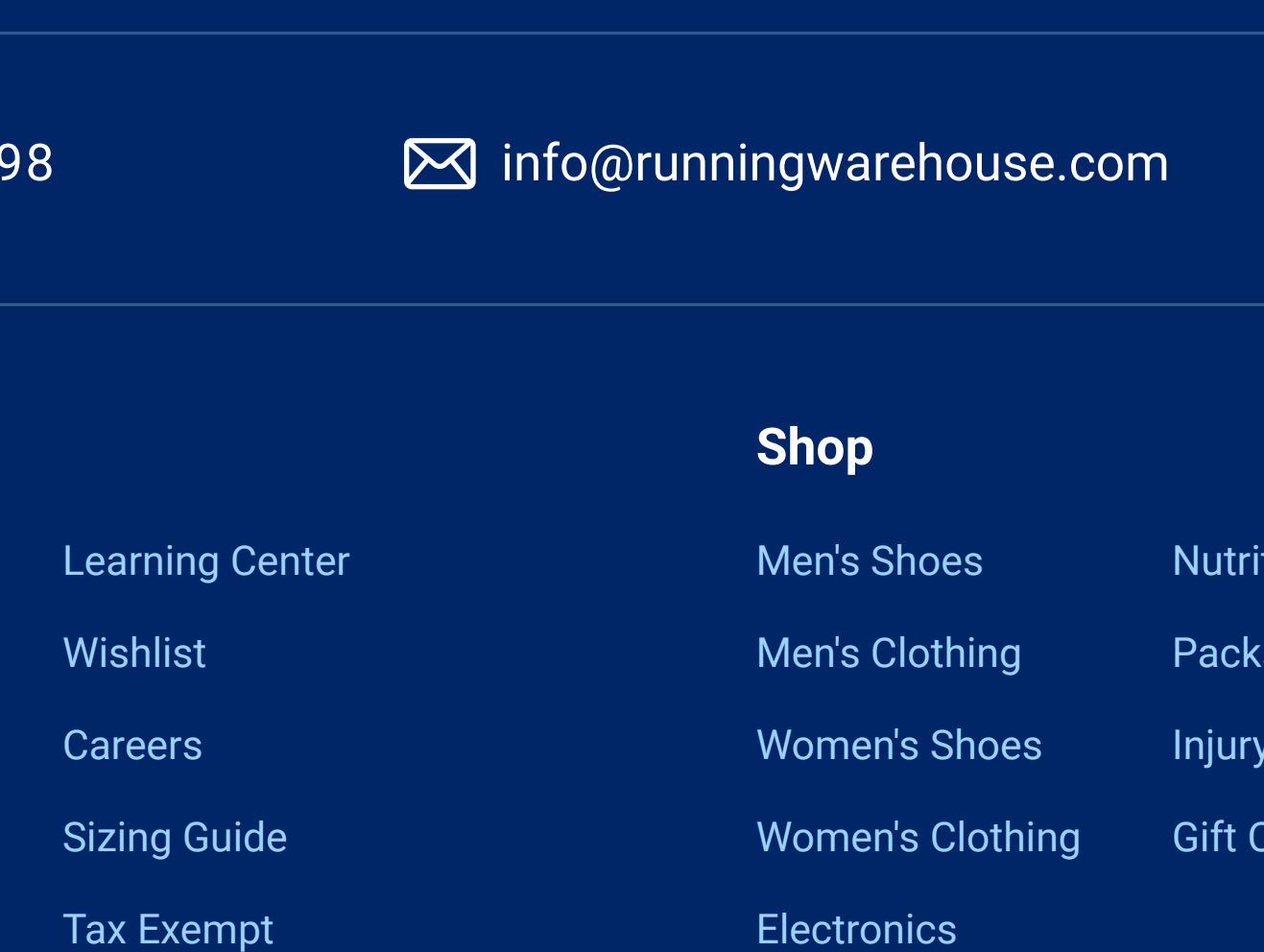
## 7 - Maintain Adequate Hydration & Nutrition



Lastly, it's essential to maintain proper hydration and nutrition when working from home. This does not mean swigging cups of coffee all day; instead, keep a water flask or bottle handy on your desk for adequate fluid intake as needed. Be mindful to drink according to thirst and sustain healthy electrolyte levels to avoid overhydration.

Working from home also offers you the flexibility to meal prep rather than mindlessly snacking in front of the computer screen or forgetting to fuel up altogether by becoming wrapped up in the work zone. Whether it's whipping up some eggs or a protein bowl, set aside time for actual meal breaks to meet your nutritional needs. Proper hydration and fuel will also help support a healthy immune system and maintain your energy levels and focus.

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**Author: Caroline**  
Caroline is a lifelong, avid runner who enjoys the outdoors. Whether on the road or on the trail, running or hiking, being surrounded by the sights and sounds of nature is her ultimate happy place. [Read More From Caroline](#)

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