好·心情@健康工作間
JOYFUL @Healthy Workplace

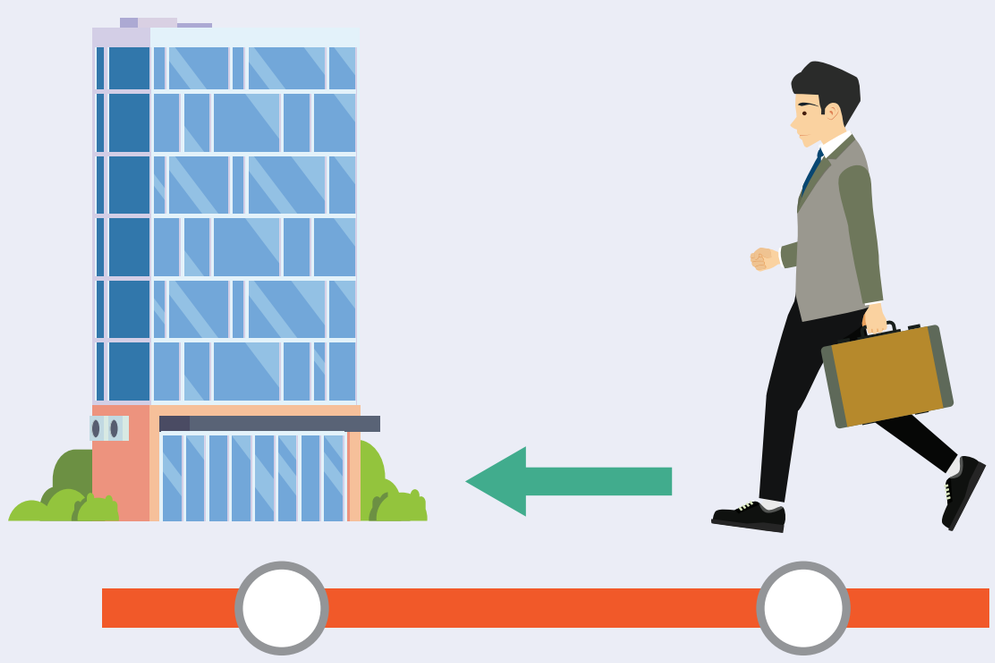
衞生署 Department of Health
勞工處 Labour Department
職業安全健康局 Occupational Safety & Health Council

What is “Zero-time Exercise”?

“Zero-time Exercise” is a physical activity that can be done while sitting, standing or walking with no extra time, money or equipment required. The aim is to encourage citizens to increase their amount of daily physical activity through simple movements.

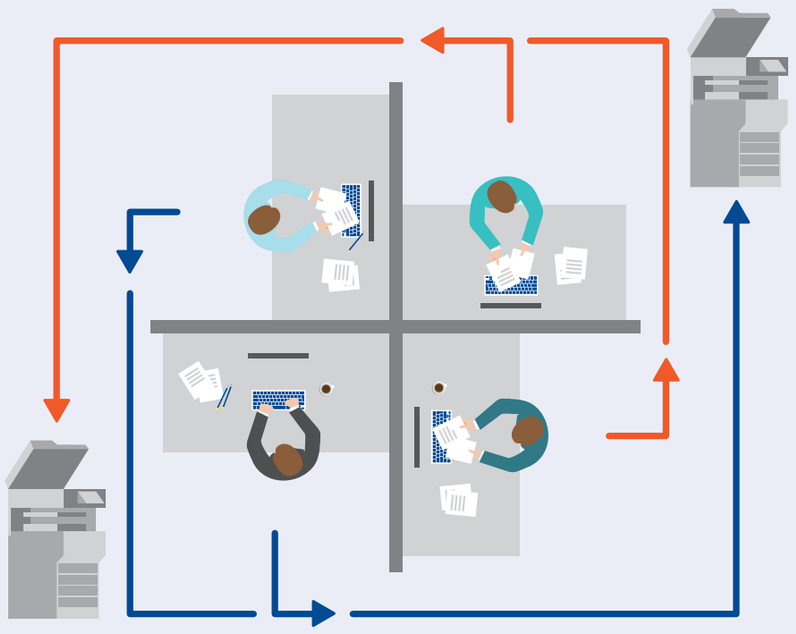
Some forms of “Zero-time Exercise” include:

Taking the stairs to increase our daily step count/Avoiding elevators as far as possible and taking the stairs instead



Getting off one to two stops earlier to walk to the office or back home

Doing some light exercises at your workstation, such as leg raises, calf raises or torso twists



Using equipment or facilities located farther away from your seat, such as a more distant photocopier or pantry

These forms of “Zero-time Exercise” not only allow us to incorporate physical activity into our tight schedule, but also improve our overall health while reducing the discomfort associated with prolonged sitting.

Produced in 2025