

MOVEMENT

Vari Standing Desk Converter



Price point: ~\$400

<https://www.vari.com/>

You burn twice as many calories standing as you do sitting! Easily raise the converter to stand or lower it to sit.

Personal note: I moved to a standing desk 5 years ago and I'll never go back!

Prodigen Weighted Vest

Price point: \$60

[amazon.com](https://www.amazon.com)



Nothing too crazy, but simply adding a light weight vest to a lunch-time walk or everyday errands can help burn more calories.



Audible App Subscription

Price point: \$8 - \$15 per month

<https://www.audible.com/>

For those that would rather cozy up with a good book, this is a "two-fer" - you get to listen to the books on your reading list AND walk, run, lift, stretch, or just move.