

**Complete the summary of the TED Talk with the words below
(there are some extra words you don't need):**

life office box physical smoking walking ideas thinking mental

According to Nilofer Merchant, sitting is the equivalent of _____. This is considered an illness which is tied to our lack of _____ activity. When she started to have meetings while walking, it changed her _____. She found out that getting out of the _____ resulted in out-of-the-box _____. Walking while talking is a way of coming up with a new set of _____.