

**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 \_\_\_\_\_.