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 _____.

LIVEWORKSHEETS