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When it comes to boosting energy, it doesn't get much better than grabbing a midday workout. While fitting in a lunch break run or gym session is great, it might only take a slight boost in physical activity to up our workplace happiness — not to mention productivity. This boost in happiness isn't just measured by how often we smile at the boss; a number of health markers ranging from blood pressure to overall stress can be improved with something as simple as fitting in a few extra steps.Why It Matters A 2011 report on a workplace fitness program examined 752 employees from a variety of fields in the U.K. and U.S., including human resources and food supply companies. Those employees who hit (or exceeded) 10,000 steps per day reported significant boosts in job satisfaction and productivity. (Only 18 percent of employees walked 10,000 or more steps per day before the program, and 58 percent were hitting that goal by the end.) Participants who ended the program reporting 90 percent productivity or more increased an average of 41 percent productivity over the course of the program, and employees who hit the 10,000-step goal felt more productive than those who didn't. Those who hit the goal also reduced their systolic blood pressure (the top number in a blood pressure reading) an average of eight percent, more than twice the reduction of those who came in under 10,000 steps. Conclusion? Walking more meant big gains for both productivity and overall health.The research was sponsored by Global Corporate Challenge, a for-profit company that provides employers with challenges to boost employee fitness. For roughly \$100 per participating employee, GCC sets up companies with pedometers, tracking software, and nutritional assessments to encourage employees to take at least 10,000 steps a day over 16 weeks.While it's obviously in GCC's interest to connect workplace productivity with higher levels of physical activity, their findings contribute to already strong scientific evidence.Job burnout and depression: unraveling their temporal relationship and considering the role of physical activity. Toekr, S., Biron, M. Faculty of Management, Tel Aviv University, Israel. Journal of Applied Psychology, 2012 May;97(3):699-710Links between physical fitness and cardiovascular reactivity and recovery to psychological stressors: A meta-analysis. Forcier, K., Stroud, L.R., Papandonatos, G.D., et al. Centers for Behavioral and Preventive Medicine, Brown Medical School, Providence, RI. Health Psychology, 2006 November;25(6):723-39.Employee self-rated productivity and objective organizational production levels: effects of worksite health interventions involving reduced work hours and physical exercise. Von Thiele Schwarz, U. Hasson, H. Department of Psychology, Stockholm University, Stockholm, Sweden. Journal of Occupational and Environmental Medicine, 2011 Aug;53(8):838-44. But the most important conclusion from GCC's work is also one of the most unassuming; people improved their health just by increasing their walking distance, no fancy workout regimes or gadgets required. Diet was not controlled, and while it's impossible to rule out nutritional factors in the results, just promoting awareness of how many steps we take was likely the main factor behind the results. (Roughly half the study participants lost weight (1.3 pounds on average).The TakeawayHealthier employees make better employees, and more and more companies across the U.S. — and across the globe — are doing their part to make workplace health a real priority. But it doesn't take a whole lot for employers to promote fitness at the office. Giving employees access to pedometers and other basic tracking tools lets individuals take fitness into their own hands, whether it's grabbing some extra steps with a walking meeting or parking a little further away from the building. And while programs like GCC can help motivate with outside support and counseling, getting the office moving likely doesn't take more than the cost of a few \$15 pedometers.What are your thoughts on the relationship between fitness and workplace productivity? Let us know in the comments below or tweet the author @d\_tao. January 24, 2017 4 min read Opinions expressed by Entrepreneur contributors are their own. There are a lot of things I haven't accomplish yet. Like many of you, I have lost loved ones and friends, suffered setbacks, disappointments and failures, but amid all of that I saw many dreams come true. I have helped a lot of people achieve their goals and helped many more overcome obstacles on their respective roads to success.You see, we could complain about what has gone wrong, but what does that accomplish? Your next chance to do better is right around the corner and with it comes new opportunities.If you have goals that seem as far from accomplished now as when you began, here are a few tips to help you get off to a great fresh start.1. Morning routines.Science has proven morning routines are beneficial to overall daily productivity. Personally, I am a night owl, but, I do have morning routines. Don't overlook the simple things such as: brushing your teeth (you likely do it at the same time, the same way, in the same place, daily), taking a shower, getting dressed, eating breakfast and leaving for work. My good friend Duke Matlock is a morning routine guru and encourages me to have a regular, daily morning routine.Related: What You Need to Know About Preventing Burnout2. Planning daily.One tip here, and it may seem obvious: Do it ahead of time. I prefer to plan my week in advance leaving room for new appointments, unforeseen activities and error margins in general. For example, if I know I have three coaching calls on Monday afternoon (each lasting 30 minutes), I give myself at least 15 minutes in between each call. This way, if a call goes over the time allotted or if something else comes up, I have breathing room. Either way, you know your schedule better than anyone. If you don't keep up with your daily routine, appointments and schedules, I encourage you to begin doing so immediately.Related: Flexible Schedules Help Create a Healthier Workplace. Here's How.3. Organizing.This is an area I need to improve on, and it is directly related to the previous item, daily planning. Even though I keep a schedule, I need to do a better job of blocking out time for specific activities. I have improved drastically, or I wouldn't be as productive as I am now.4. Blocking out clutter.Can you say social media or email, maybe text messaging? Blocking out the interruptions, the clutter and the distractions is of particular importance for those whose work requires intense focus or creative skills. For example, if you are a writer, the best thing you can do at the start of your day is to close the social media tabs in your browser. If it is necessary for you to check it often, schedule time in your day to reply to emails and text messages, and to engage with social media.5. Being consistent.You could implement each of the tips above tomorrow, but you would not be likely to see results until you become consistent with them. One day of eating healthy will not improve your health, and one day of being organized, having a regular schedule and blocking out the clutter will not lead to a more productive life.Related: 6 Ways to Better Manage Your Focus and Improve Your ProductivityIdentify an area of your daily routine where you are vulnerable to distractions. Once you identify it, determine and implement a solution that ensures you resolve the issue. Maybe it begins tomorrow morning by starting the day with a walk, or reading, instead of wasting time on social media. I know if each of us implements these tips, we will have a more productive and fruitful year. 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Caspar Benson / Getty Images In addition to product keys, some software makers, including Microsoft, often require product activation to help further ensure that software is obtained legally. Open source and free software programs usually don't require a product key unless the manufacturer implements its use for statistical purposes. Product keys are also sometimes called CD keys, key codes, licenses, software keys, product codes, or installation keys. A product key is like a password for a program. This password is given upon buying the software and can only be used with that specific application. Without the product key, the program will most likely not open past the product key page, or it might run but only as a trial of the full version. Product keys can usually only be used by one installation of the program but some product key servers allow for the same key to be used by any number of people so long as they're not used simultaneously. In these circumstances, there's a limited number of product key slots, so if the program using the key is shut down, another can be opened and use that same slot. All Microsoft Windows operating system versions require the entry of unique product keys during the installation process, as do all versions of Microsoft Office and most other Microsoft retail programs. Microsoft product keys are often located on a product key sticker. In most versions of Windows and other Microsoft software, product keys are 25-characters in length and contain both letters and numbers. In all versions of Windows since Windows 98, including Windows 10, Windows 8, Windows 7, Windows Vista, and Windows XP, product keys are of the five-by-five set (25-character) form as in xxxx-xxxx-xxxx-xxxx-xxxx. Older versions of Windows, like Windows NT and Windows 95, had 20-character product keys that took the form of xxxxx-xxx-xxxxxx-xxxx. Thanks for letting us know! Tell us why! 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