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As its name suggests, Windows Product Key Viewer is a program that finds and lets you view the Windows operating system's product key on your PC. It also shows additional operating system details that you can copy, print, or export to a file. This simple program is excellent to have around just in case. It's small and straightforward, deserving a place on anybody's tool belt. This key finder program supports all versions of Windows OS, both 32-bit and 64-bit. It's a free utility and takes only around 500kb of space, making it ideal for carrying around on a flash drive. The program is safe, too, since you don't even have to install it. Apart from the CD key, this program will display system information, including the full Windows version, product ID, installation date and time, service packs, registered user, current uptime, and VMWare. Although the number of information sounds overwhelming, the way Windows Product Key Viewer displays them isn't cluttered. It's quite neat, making it easy to locate relevant information. Once you extract relevant data, you can save it to a text file, copy the code for your desired purpose, or print it for later use. Unfortunately, though, you can't print only the key; you'll need to print everything the program pulls up. The interface has an old-fashioned look of original Windows programs no matter which system you run it on, but it's well-organized and easy to use. All you need to do is launch it, and it'll open a window with relevant information stored. Where can you run this program? This program is compatible and will work on all versions of Windows, all the way up to the latest Windows 10 version. Is there a better alternative? No, at least not for Windows. Regarding alternatives, Magical Jelly Bean Keyfinder is popular but not safe, APKF Product Key Finder works on Mac too, and Recover Keys has somewhat broader applications. While this program does not have any other functions and features an outdated design, it works as intended and performs its primary function well. It's the perfect example of a handy tool to have around when you need it. Should you download it? Yes, if you're a Windows user. Even if you don't immediately need it, you can't go wrong with having such a tool on hand. 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):699-710. Links 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 Takeaway Healthier 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 Burnout 2. 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 Productivity Identify 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. The product key is a usually unique, alphanumeric code of any length required by many software programs during installation. They help software developers ensure that each copy of their software was legally purchased. Most software, including some operating systems and programs from most popular software makers, require product keys. As a general rule these days, if you pay for a program, then it probably requires a product key during install. 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! Most pieces of commercial software come with some form of protection to deter unauthorized copying and installation. Although software makers use different methods to achieve this goal, one common approach involves asking the user to type in a product key or serial number, which is the case for both Microsoft Windows and Office. This string of letters and/or numbers is a unique identifier that the software decodes to verify that your copy is legal. It's required to authorize the software's installation and your eligibility for product support, so it's important to know where it is and how to access it. Here are some easy ways to find your product key for both Windows and Office. Find your product key Try to remember how you purchased your Microsoft software, which determines where you need to look to find the product key. If you bought a retail copy of Microsoft Windows or Office, the first place to look is in the disc jewel case. Retail Microsoft product keys are usually on a bright sticker located inside the case with the CD/DVD, or on the back. The key consists of 25 alphanumeric characters, usually split into groups of five. If your computer came preloaded with Microsoft Windows, the software product key is usually on a multicolored, Microsoft-branded sticker on your PC case. For Microsoft Office, you can find the sticker on the installation disc that accompanied the computer. If all else fails, you will need to contact Microsoft to obtain a replacement key. Windows 10 With Windows 10 Microsoft introduced a new method for authenticating the operating system called a digital entitlement, but it doesn't apply to all Windows 10 PCs. Basically, you have a digital entitlement if you upgraded your PC from Windows 7 or 8.1 for free. You will also have a digital entitlement if you paid for a Windows 10 upgrade via the Windows Store, or did a fresh install of Windows 10 and then paid for it via the Windows Store. If, however, you obtained Windows 10 by buying a new PC, buying a Windows 10 installation DVD, or buying a digital copy of Windows 10 from a retailer that's not the Windows Store then you have a traditional product key, not a digital entitlement. What a digital entitlement means if your PC has a digital entitlement, Microsoft keeps a record of your right to run Windows 10 on its servers. The good thing about this system is there's no product key to lose. If you ever need to do a fresh install from a USB drive, for example, you will not have to activate your PC. Instead, after the reinstall Windows will activate seamlessly in the background within a few hours (or at worst a few days). The one thing to keep in mind is that your digital entitlement is based around your system configuration. If you change too many components at once and then try to reinstall Windows 10 you may run into problems. This is a rare issue, but it's something to keep in mind if you are planning on swapping out your hard drive or SSD and hope to do some other upgrades at the same time. It would be better, for example, to do the HDD to SSD swap first, reinstall Windows 10, and once it's activated take care of the other component upgrades. Otherwise, you might be putting in a call to Microsoft's robo-activation line. That said, major upgrades like swapping out your motherboard are almost certainly guaranteed to require a call to Microsoft for activation. Extract your key from Microsoft Windows or Office If you can't find your key but the software is installed, you can use a program such as the Magical Jelly Bean Key Finder. This utility can quickly locate your Windows key (along with the keys for many other installed programs) and display it for you. Download Magical Jelly Bean and follow the installation process to install it on your computer. Launch the program. You can find it by opening the Start menu, typing keyfinder, and pressing Enter. The program will scan your installations and find the product keys of supported programs, including various versions of Windows and Microsoft Office. When the scan is complete, the tool will display a window with entries in the left pane for whatever installed versions of Windows and Office it detected. Click the entry for your version of Microsoft Windows to reveal the key and other information about the installation. The key will be listed under 'CD Key' on the right side of the window. Record this information in case you need to reference it in the future. Make sure to record the information exactly, as the key will not work otherwise. Do not confuse this with the 'Product ID' entry, which is unneeded. Click the entry for your version of Microsoft Office to reveal the key and other information about that installation. The same advice goes for Office: Your key will be listed under 'CD Key' on the right side of the window. Record this information exactly, as the key will not work otherwise. Use Magical Jelly Bean Keyfinder to extract the CD keys for software you currently have installed.

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