

## “How to” Health Tips

# How to Add More Movement Into Your Day

Adults in the U.S. spend between one half to two-thirds of their waking hours being sedentary. All of this sitting increases a person’s risk of heart disease, diabetes, fatigue and depression, not to mention their waistlines. The best way to fight off these risks is to **stand up, sit less, and move more.**

### 1 At Work

- Have walking or standing meetings.
- Walk to your co-worker’s desk instead of e-mailing or calling them.
- Send printouts to the farthest printer.
- Use your phone’s wireless headset and stand up during phone calls and webinars.
- Use the farthest restroom or, better yet, a restroom on a different floor and take the stairs.

### 2 At Home

- If watching TV, use commercials as activity breaks.

### 3 Anywhere

- Park farther away.
- Use the stairs instead of the elevator; walk up the escalator instead of riding it.
- Whenever sitting, practice good posture by sitting up tall, pulling your shoulders down and back, and contracting your abdominal muscles.



How often should you get up and move? As often as possible! Even standing or stretching is better than sitting. Set activity break reminders for yourself every 20, 30 or 60 minutes using your online calendar, watch or smartphone.



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