



## *Tips to Get Moving for Better Health*

# SIT LESS MOVE MORE

### DID YOU KNOW?

**1 in 10 premature deaths are due to physical inactivity. An inactive lifestyle can lead to:**

- Heart disease
- Hypertension
- Diabetes
- Obesity

**Research suggests adults spend roughly 60% (8 hours) of their waking day sitting.** *Even if you're meeting the minimum physical activity recommendations per week, too much sitting can be dangerous to your health.*

### ADD MOVEMENT TO YOUR DAY:

- Get a pedometer and set a step goal.
- Do squats or balance on one leg while brushing your teeth.
- Every hour, do some form of stretching.
- Schedule time in the workday to stand.
- Stand while on phone or video calls.
- Schedule activity before or after regular events (meals, bathroom breaks, etc.)
- Make a daily habit to walk the dog. *(They never say no!)*
- During TV commercials, get up and move.
- Take a walk after dinner. *Ask others to join!*

### MOVE MORE TIPS!

#### DO:

- Get friends and family to join you.
- Celebrate the fact you did it.
- Have fun!

#### DON'T:

- Treat activity like a chore. In time, you might find your body craving movement *(especially if you make it fun)!*

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IF YOU DON'T STEP  
FORWARD, YOU'RE  
ALWAYS IN THE SAME  
PLACE.     -Nora Roberts

### RESOURCES:

- [WFHTN Physical Activity Resources](#)
- [WFHTN Video Library](#)
- [ACSM Reducing Sedentary Behaviors](#)