

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.
- <u>Do squats</u> 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!

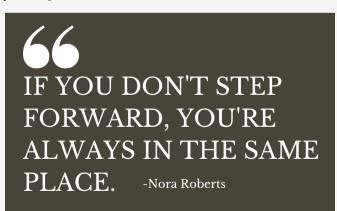
MOVE MORE TIPS!

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)!



RESOURCES:

- WFHTN Physical Activity Resources
- WFHTN Video Library
- ACSM Reducing Sedentary Behaviors



