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*)!

> "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

WORKING FOR A HEALTHIER TN