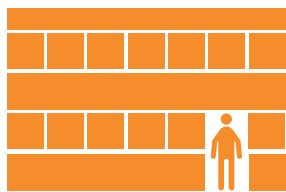


## Sit Less.

Too much sitting increases your risk of heart problems, Type 2 diabetes and several types of cancer. It makes your joints stiff and affects your overall health, especially if you don't get regular exercise! There are many ways to reduce your "tush time."

### Which will you do this week? (☑ boxes)



#### At Work:

- When sitting at your desk or computer, get up every 30 minutes or so and stretch. Walk down the hallway. A smart phone Stand Up Reminder app can help.
- On the phone? Stand or walk around.
- Instead of calling or instant messaging your co-workers, get up and go to their desk for a chat.
- Try "walking meetings" when you don't need a pen and paper.



#### At Home & Elsewhere:

- When watching TV, get up during every commercial and do an active chore. For example, empty the dishwasher, throw some clothes in the laundry, or take out the garbage. Feel productive after just one show!
- Use stairs whenever you can.
- Reduce time in front of the TV, computer and on video games (unless you're moving). Try other fun activities or finish home projects instead.
- If you can't walk or stand, try seated knee lifts, kicks, foot slides, punches or arm circles.



#### While Commuting:

- If you take the bus or subway, stand and allow others to have a seat. Feel good about yourself!
- Don't fight for the closest parking spot. Park farther away and take a few more steps.
- Get off the bus one stop early and walk the rest of the way. Wear supportive and comfortable shoes so this is easy to do.

What I will do **TODAY** to **sit less**: \_\_\_\_\_

# Move More.

One of the 2018 Physical Activity Guidelines for adults is: **150-300 minutes of moderate-intensity physical activity (such as brisk walking, light cycling, dancing or water exercise) over the course of a week.** There are amazing health benefits attached to this level of activity. You could do:

- 30 minutes 5 days/week
- 20+ minutes daily
- Fit in 3, 5, 10 or 15 minutes whenever you can, adding up to 150 minutes/week

**Walking is simple, inexpensive and may be a great way to start. Which of these will you do in the next two weeks? (✓ boxes)**

Roll out of bed and take a 20-minute walk before the day gets going and you talk yourself out of it.



Take a walk with your family every night after dinner.



Meet a friend at your local shopping mall for an early morning walk. Malls often open early to support local walkers.

Walk or ride a bike with your child to school, and you'll both get the benefits.

Volunteer to walk your dog every day. Don't have a dog? Walk your neighbor's pet.



Go for a 10- to 15-minute walk at lunchtime and bring a friend.

Start a neighborhood walking group – with at least two other neighbors. Swap child care if needed.



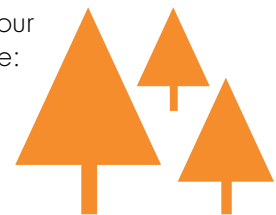
Try a smart phone walking app or count your steps with an activity tracker. Gradually build up to 7,500-10,000 steps/day.

Join a local fitness program to get guidance and motivation. My local fitness facility or program: \_\_\_\_\_



Walk or ride to work or the store 1-2 times/week. Try an e-bike: they're easier, faster and fun!

Find beautiful places in your community to walk or bike: local parks, trails, streets with trees or interesting buildings. Become an explorer.



What I will do **TOMORROW** to become **more active**: \_\_\_\_\_

Start where you are. Use what you have. **Do what you can.**