

Get up & move *after work*

If you're like many people, you may already be sitting for several hours each day at work. And this could be harming your health. Sitting for long periods is linked to health problems and even a shorter life.

We can't always control how much we sit at work. But we can take steps toward better health outside of those hours. Here's what you can do to get moving in your time away from your job.



YOUR PRIME TIME

Been sitting at a desk all day? After work can be a great time to get in some activity. Some people enjoy an exercise class or going to the gym before dinner.

But if you can't manage one of these things, don't give up. Even a short walk is helpful. Go after dinner if you don't have time before then. Some exercise is always better than not doing any exercise.

Try using your usual TV or screen time each night to go for a walk or work out to an exercise video.

DON'T FORGET LUNCH

Want to squeeze in more activity? You can also use your lunch break to break up your sitting time. Try taking a walk throughout your building or head outside.

You don't have to do all your exercise at once. Breaking up your exercise into 10-minute chunks offers health benefits. Even 10 minutes a day of activity can add two years to your life expectancy. Thirty minutes of activity a day adds four years or more.

Try the same thing with any work break. Even a 15-minute break is long enough to get your body moving.

WHAT IF I'M JUST TOO TIRED?

If you find that you are tired every night after work, it may be time to look at your sleep habits. Are you getting seven to eight hours? If not, try to find ways to make sleep a priority.

If you're getting enough sleep but still feel tired, talk with your doctor. Sleep disorders and certain health issues can cause fatigue. Getting your energy back is an important step toward becoming more physically active.

Source: National Institutes of Health