

You're Built for Good Health

# You're built for moving

Good health starts at home. Put away the smartphone and laptop, turn off the TV, and make dinnertime "together" time. Play with your kids. Take nightly walks. Spend quality time with your partner.

Americans spend a lot of time sitting – and it's not doing us any favors! About one in four adults sit for more than 8 hours a day. For many full-time employees, much of that time is spent sitting in front of a computer. This sedentary behavior raises nearly all of our health risks. Start reversing this damage by getting up more often throughout your day. Aim for the 20-8-2 rule: For every 20 minutes of sitting at home or at work, stand for 8 minutes and move for 2 minutes.

