



# Sit less, **MOVE MORE**

## SITTING DOWN ON THE JOB IS BAD FOR YOUR HEALTH

It's time to stand up for yourself. No, really. Stand up! Scientists warn that prolonged sitting – even for those who exercise regularly – could be really bad for your health. After four hours of sitting, the genes that regulate glucose and fat in the body can start to shut down. Not only does this add weight to your body, it puts you at risk for a heart attack, obesity, and diabetes.

### STAND FOR A CAUSE - You!

Standing engages muscles and promotes the distribution of lipase. This enzyme prompts the body to process fat and cholesterol. It also uses blood glucose and may discourage the development of diabetes. You can also burn up to an extra 60 calories an hour just by standing.

### RISE TO THE OCCASION

You can start by walking to a bathroom that is farther away or delivering a message to your co-worker in person rather than using email.

DO THIS	EVEN BETTER
Stand up during TV commercials.	Stretch, do pushups, or fold laundry.
Turn on the radio instead of the TV.	Dance to the music.
Go grocery shopping.	Park far, far away from entrances and walk.
Do household chores.	Do them often.
During phone calls, stand up.	Do leg lifts or march in place.
Limit TV/computer time to 2 hours a day.	Shoot hoops or play soccer with your kids.
Take mini stretch breaks at work.	Walk up and down a flight of stairs.
Walk during lunch breaks.	Walk with a buddy.
Walk after dinner.	Take the dog with you.

### Action Step

If you sit at your job all day long, set an alarm on your cellphone (or now) to remind yourself to stand up at least every two hours for more than a minute at a time. Stretch, bend, or take a short walk.

