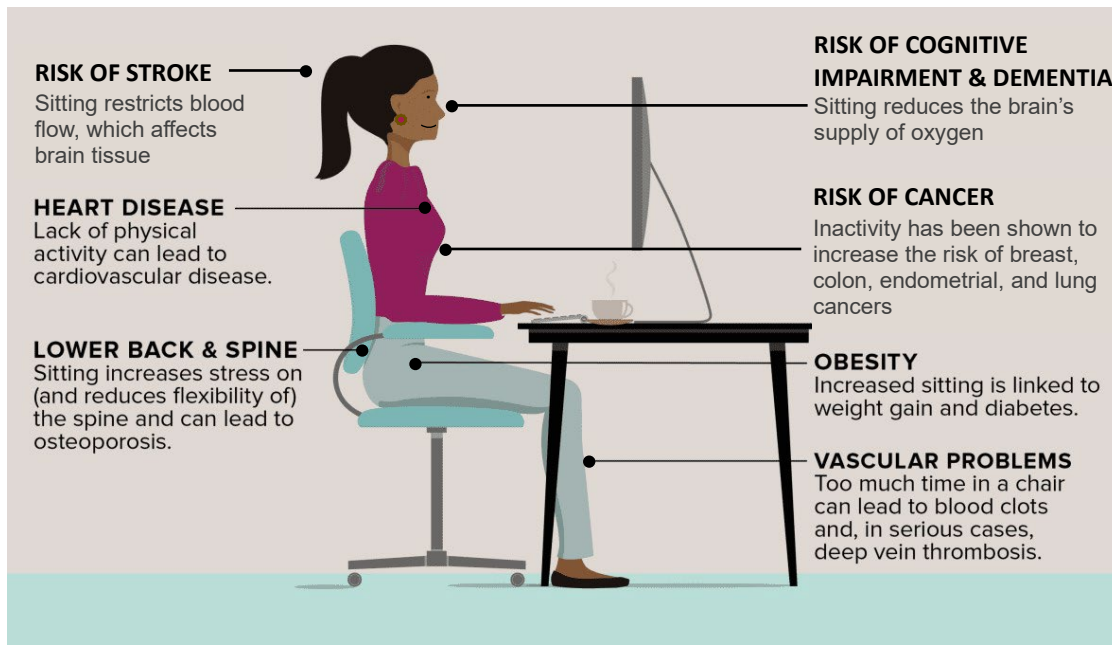


Sitting for Extended Periods is HARMFUL to you!



There are several ways you can add short bursts of movement to your daily routine

Making the moves

There are many ways you can add short bursts of movement to your daily routine. Whenever you notice you've been sitting for a while, do a short set of exercises – like 5-10 squats or leg lifts, etc.

Here are some other ideas:

- Set a reminder. Many fitness trackers feature alerts that remind you to get up at least once an hour. But you can also use a smartphone or a regular kitchen timer; use it when you tend to sit for long periods of time.
- Take care of your chores more efficiently. Put your groceries or other purchases in small bags and make multiple trips from your car to your home. Stand up while folding laundry, and put just a few items of clothing away at a time to get more steps in.
- Pace or tidy up during phone calls. Whenever you're on the phone, stand up. Try to walk back and forth or in circles while you talk. You can also use a hands-free headset and do some light housework while you chat.
- Move a little while you watch TV. The average American watches close to five hours of television a day, and that amount increases as people age. At least once an hour, stand up and march in place, swing your arms, or do some easy stretches. If you watch live TV, you can also walk around the house or room during the commercials!
- Take the long way. Whenever you drive somewhere, park in a spot farther from the door to get in some extra steps. Take the stairs instead of the escalator or elevator, even if you climb only one or two of the total flights.