

10 tips to **MOVE** **MORE** at work

Sit less. Move More.

Being physically active everyday is one important aspect of a healthy lifestyle.

Physical activity can add years to your life and life to your years.

Add healthy movement to your everyday routine.

- 1. Stand up, move, or stretch at least 3 to 4 minutes every hour**
- 2. Hold a walking meeting**
- 3. Add steps to your day by parking further away**
- 4. Walk to communicate instead of calling, texting, or emailing**
- 5. Take a break to walk**
- 6. Take the stairs instead of the elevator**
- 7. Stand up when you are on the phone**
- 8. While seated, move your feet by doing ankle circles or flexing them up and down to improve circulation**
- 9. Do upper body stretches while reading emails or sitting**
- 10. Set a daily goal and track your steps**