

Why Should I Move FOR 3 MINUTES?

Did you know that the average American sits for about **7.7 hours** a day? That is a lot of sitting!

By moving for 3 minutes of every 60 minutes of sitting you can:

- Boost endorphins
- Improve digestion
- Reduce eye strain and fatigue
- Increase creativity and productivity!

Get Moving !



Take a walk to your nearest hydration station or water fountain



Print to a farther printer



Step outside for some fresh air



Tidy up your workspace while standing

