

COMBAT SEDENTARY LIFESTYLES *on the* CLOCK

On average, Americans sit anywhere between 8-11 hours per day. Sedentary lifestyles increase risk of type 2 diabetes, cardiovascular disease, osteoporosis, mental health problems such as depression, anxiety and more. By incorporating at least 30 minutes of physical activity into our day, we can combat these risks. Here are some ideas to try:

- 1 Pair a movement with a daily task.** This can be five squats for every five emails answered, or even five minutes of walking for every five phone calls completed.
- 2 Establish a support system to hold each other accountable.** It can be easier to find motivation when others are working towards the same goal alongside you.
- 3 Set timers for movement breaks throughout your day.** At the start of each hour, take time to stretch, go for a short walk, or even play some music and dance it out!
- 4 Encourage friendly competition within your office.** Challenge each other to see who can get the most steps in during the day.
- 5 Take the stairs when possible.**
- 6 Make an exercise “to-do” list.** Basic movements like calf raises, hamstring curls, etc. can be done with limited space and in any restrictive business clothing.
- 7 Remember to bring your movement goals home.** Anything from playing fetch with a beloved pet to gardening can help you get in more movement.



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