



# Stop Sitting, Start Moving!

## Washington Elementary School District EBT

Between your job and unwinding at home, you might be spending a lot of your time sitting down. Unfortunately, recent studies have shown that sitting for six hours or more per day can greatly increase your risk for certain health issues. Not to worry though—you have many options when it comes to being more active during your daily routine.

### Keep it moving at work

You can't change the nature of your job if you sit at a desk all day. But you can do a number of things to offset the possible consequences.

For instance, at least once per hour, simply stand up and stretch while you're at your desk or take a quick walk. While standing up at your desk or cubicle may seem strange, you can easily stretch your legs as you take a phone call. Your muscles and energy levels will both benefit.

Instead of emailing or calling someone who's in your office, you can walk over to their desk to speak with them. This way you'll be more active, and you may even get to know more people.

You can mix up more social and exercise activities by organizing scheduled walks with your coworkers. If you're planning on visiting with them anyway, or need to meet with a small group, try suggesting a walking meeting. It can boost your mood and give everyone a break from sitting.



### More quick tips for staying active on the job

- Park your car farther away from the building
- Take stairs instead of the elevator
- Go the long way when walking to or from the breakroom, bathroom or your desk
- Set up a recreational activity in the breakroom, such as foosball or table tennis

### Stay active at home

After a long day at work, you may just feel like taking it easy in front of the television. However, this can add more hours of sitting to your day. You can still be active while watching your favorite TV shows.

Instead of sitting, use any exercise equipment you might have in your home, such as a treadmill or elliptical machine. If you don't have equipment, you can do any of your preferred exercise routines while watching TV, whether it's push-ups, jumping jacks or jogging in place. Even if you only move during commercial breaks, every little bit counts!

Need to do chores? These count as physical activity too! If you're folding laundry or dusting shelves, add in some extra movement by doing lunges, squats or any of your preferred exercises. By adding more movement to your daily routine, your body will thank you by taking care of you for a long time.

*This flyer is solely for informational purposes and is not intended to provide medical advice. You should consult with your healthcare provider regarding any questions you have about your health and/or medical treatment.*

