



# Move More, Sit Less.

Did you know that sitting too much increases your health risks? Studies have shown that even when you get regular exercise at the gym, you may be at risk for chronic conditions like diabetes and heart disease if you sit too much during a typical day. While regular exercise has important benefits, you may be able to improve your health even more by standing up instead of sitting down and staying busy throughout your day!

**Check off 3 or 4 things you will try to do to add more activity to your day. You can also write in any other activity you would like to do.**

- Park farther away from any store or place you go—or get off the bus or out of the taxi a few blocks before you get to where you are going.
- Avoid the drive-through. Park your car and walk into the grocery store, drugstore, bank, or restaurant.
- When you are stopped in traffic or at a stop light, tighten, then relax your stomach, arm or leg muscles.
- Lift your grocery or shopping bags like weights.
- Take the stairs! Climb up a flight or two whenever you can.
- Walk around or march in place while you talk to someone on your mobile phone. (Walking while texting is not recommended!)
- Clean your house, wash your car, or rake leaves. Maybe start gardening!
- Try doing some exercises when doing chores where you don't normally move. Examples include small squats when ironing or folding clothes and calf raises while brushing your teeth.
- Do some quick exercises during the break of your favorite TV show. Try some push ups, sit ups, or do some light weight training.
- Instead of watching TV or a movie—go window shopping, walking at a zoo or visit a museum.

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