

# STAND UP FOR YOUR HEALTH!



Excessive sitting is one of the strongest contributors to decreased physical and mental health. If we want to be healthy and have a good life – **We must move daily!** Consider taking a few minutes throughout the day to stand and move. By adding small bouts of activity, you'll lower your risk of these health concerns:

## **Heart Disease**

Studies have shown that exercise once a day, even for an hour, isn't enough to make up for sitting all day at work. The key is to get up and move periodically throughout the day to keep the risk of heart disease at bay.

## **Diabetes**

Moving throughout the day can help maintain a healthy blood sugar level and prevent insulin resistance.

## **Unhealthy Cholesterol**

Continuing to move intermittently during the day will prevent your healthy cholesterol from plummeting and keep your unhealthy cholesterol levels low.

## **Deep Vein Thrombosis**

Periodically standing or walking can reduce your risk of potentially deadly blood clots in your legs.

## **Injuries**

Moving around can take pressure off your hips and spine, and can prevent some injuries, such as a herniated disc. Being active helps keep joint, muscle, and connective tissue strong to reduce injury risk.

## **Poor Posture**

Moving and stretching can help you relieve upper body tension and maintain strong muscles and joints, leading to a healthier posture.

## **Pain and Stiffness**

Standing, moving, and stretching gently can reduce the stress on your bones, ligaments, tendons, and muscles, helping to reduce pain. Moving through your joints' range of motion keeps you mobile.

## **Muscle Weakness**

Regular activity helps reduce muscle weakness and lessen the physical effects of aging. For example: keeping strong core muscles can help prevent lower back pain and hip bursitis. Strong muscles also help you balance and reduce risk of falling. Maintaining muscle keeps metabolism up.

## **Depression**

Moving improves blood flow and increased feel-good hormones, helping you keep depression at bay. The effects can significantly help those who already struggle with or are more prone to depression.

## **Weight Management**

Moving around can prevent your circulation from slowing. You'll burn more calories and increase your fat burning enzymes, which affect your energy levels and help you maintain or achieve a healthy weight.

## **Shorter Life Span**

Research shows that those who sit more than six hours a day are at an increased risk of early death from all causes, higher by an average 35% for women & 18% for men, for those who exercise. Those who don't exercise and sit all day are at a 94% higher risk of premature death for women & a 48% higher risk for men.

## Suggestions for adding daily activity at work:

- ◆ Stretch, stand up, or walk around your workplace every 30 to 60 minutes
- ◆ Walk to the farthest bathroom
- ◆ Stand (on one or both feet) walk in place, or rock back and forth on your heels and toes, when talking on the telephone
- ◆ Contract and release your abdominal muscles slowly, 5-10 times twice a day
- ◆ Take a 5-minute walk with every water/coffee break or take the longest route to get there
- ◆ When possible, walk to your colleagues' desks instead of sending emails or instant messages
- ◆ Schedule walking meetings when possible or consider standing part of the time
- ◆ Include a one-minute break every 30 minutes during meetings, when everyone must stand
- ◆ Take the stairs instead of the elevator – you'll burn more calories & strengthen your legs
- ◆ Slow stairclimbing: place your whole foot on the step, dig your heel down as you press yourself up to an almost-straight leg; then step on the next step (works legs & glutes)
- ◆ Park toward the back of the parking lot at work and when shopping
- ◆ Spend half of your lunch break taking a short walk, even if it's in the building
- ◆ Keep a resistance band or exertube in your desk & do an exercise for 30-60 seconds each hour (you'll feel instantly energized!)

## Suggestions for adding activity while watching TV or reading:

- ◆ Take a 3-5-minute walk every 30 minutes (or between tv shows)
- ◆ Use a stationary piece of cardio exercise equipment while watching TV or reading
- ◆ Do a couple of lunges, squats, or leg lifts every half hour
- ◆ Do an alternating leg balance exercise every half hour
- ◆ Do one slow side stretch on each side before you sit back down
- ◆ Do crunches for 30 seconds or another exercise (such as bridge: lying on your back with knees bent & feet on floor, then lifting hips upward off floor) during a commercial
- ◆ Stand up and move during the opening segment of each TV show
- ◆ Walk around the room or house at the end of reading every book chapter
- ◆ Keep resistance bands or exertubes at home, and do an exercise for 30-60 seconds
- ◆ Get your family involved: partner exertubing or band exercises, competitions (see who can hold a plank position or balance for the longest time, for example), or get some cleaning done together during each commercial

