

# MINDFUL MOVEMENT

## TIME TO GET UP!

### Sit Less, Move More



Have you thought about how much time you spending sitting? You sit while you eat breakfast, drive to work, sit at your work station, drive home, eat dinner, watch TV, and use the computer in the evening. All of that sitting really adds up!

Research has shown that adults who sit less have a lower risk of early death, especially from cardiovascular disease. The real kicker is what's known as the "active couch potato." Even if you meet the recommended 30 minutes of exercise per day and sit for the rest of the day, you are still at risk of cardiovascular disease, obesity, and type II diabetes.

### Take a workstation break!

Get points by getting off your seat at work.  
Try the following ideas:

- Set an alarm every hour and take a stretch and stand break away from your desk
- Stand to greet visitors when they come in
- Stand during phone calls
- Walk to your colleague's desk rather than sending an email or calling
- Eat your lunch away from your desk
- Drink more water so you have to get up and use the washroom!



Source: <http://www.heartfoundation.org.au/>, Images by freepik