

Sit Less, Move More

CHALLENGE

**Stand up,
stretch, and
move more this
month.**



Requirements to Complete this HEALTH CHALLENGE™

1. Keep a written record of the days you choose to be more active.
2. Read "Sit Less, Move More."
3. To complete the Challenge, you must do something from the list below to be more active on at least 22 days this month. Also, try to take a brief break for every hour of sitting.
4. Keep a record of your completed Challenge in case your organization requires documentation.

Do you know how much time you spend sitting each day? Think about it. You watch the world go by sitting in a car, taxi or bus. If you work in an office, you probably spend almost eight hours a day sitting at your desk. Then there's the time you sit at home – in front of your computer, or while eating dinner, reading the newspaper, paying your bills, or watching your favorite TV shows.

When the weekend rolls around, you head to the movie theater to sit through the latest thriller, or attend a sporting event and sit in the bleachers to watch the game. At the end of the day, you spend an average of 9 hours or more a day just sitting.

And that's a problem. In a recent study by the American Cancer Society, researchers found that sitting six or more hours per day increases your risk for early death from any cause by 18 percent for men and 37 percent for women, even if you exercise regularly. Your office chair just might come with a Surgeon General's warning someday that says, "Warning: Sitting may be hazardous to your health." Even if you get daily exercise, you still have increased health risks if you sit the majority of the day.

Fortunately, you don't have to take all the statistics you hear about your health sitting down. You can choose to be more active, even if your situation at home or at work calls for a marathon of sitting. In the 86,400 seconds that tick by during the day, you make hundreds of decisions that impact your health. You can decide right now to be more active. Stand up, stretch your arms above your head, take a deep breath, and exhale. Don't you feel better already?

Bottoms Up

Believe it or not, there was a time when you had to get up out of your chair and walk across the room to change the TV channel, adjust the thermostat, or turn on the lights. Now you can control all of those things from a smart phone or universal remote control without getting out of your seat.

But there's a price to pay for sitting around so much. When you're sitting, you burn fewer calories, your muscles tighten, and your posture suffers which puts more strain on your back. Back pain is the leading cause of disability in working Americans. Sitting for long periods of time is especially bad on the back, and has been linked to an increased risk for cancer and diabetes. Bottoms up! It's time to be more active.

Stand up and look out the window. Walk to the water cooler and get a drink.

Get up off the couch to

change the channel. Bend over to tie your shoes.

Movement, exercise, and just getting up out of your chair, are all simple activities you can do instead of sitting for hours. It doesn't take a lot of effort.

In a recent study, 16 non-obese people were fed the exact same diet which included 1,000 calories more than required to maintain their weight. During the eight-week study, the participants were prohibited from exercising, and every movement was recorded with an electronic device. Some participants gained weight, while others did not.

Goal:
Take a quick
break from sitting
every hour <http://tinyurl.com/6tuzsx5>



Researchers found that the people who did not gain weight moved around more by taking the stairs, walking across the office to visit a co-worker, or doing chores at home. The people who gained weight spent two hours more per day sitting than the group that did not gain weight.

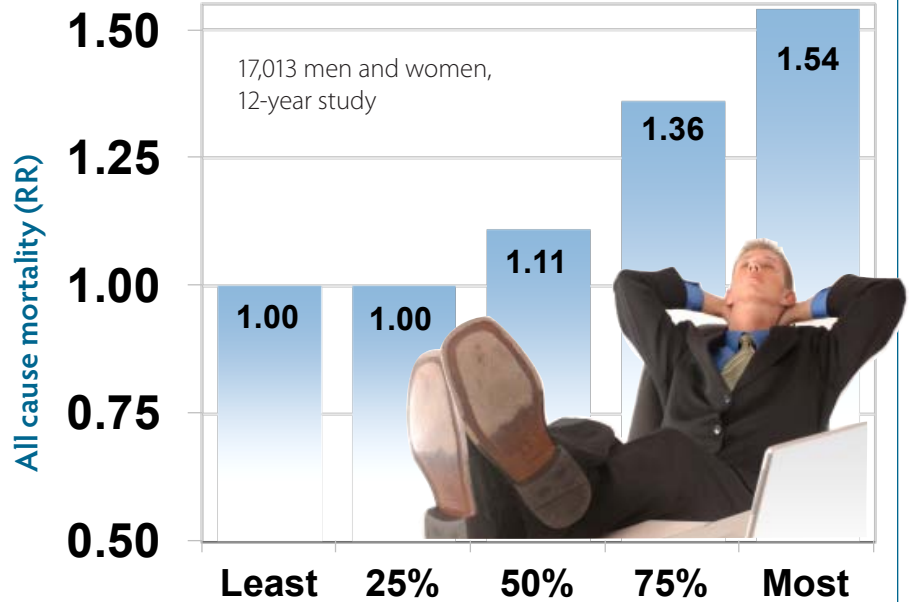
In another study, office workers who reported neck and shoulder pain from working at their desks in front a computer were asked to perform two minutes of exercise per day with resistance bands. After spending just 120 seconds per day doing the exercises for 10 weeks, the workers reported less neck and shoulder pain on the job.

If you want to combat the downside of sitting, you've got to find ways to be more active. And it doesn't have to take a lot of time. When you make the effort, you'll burn more calories, be better at managing your weight, feel healthier, and add years to your life. Here are some ways you can be more active:

At Work

- ✓ Take the stairs.
- ✓ Hold a meeting with co-workers on a walk.
- ✓ Go to the gym during your lunch hour.
- ✓ Stand up and stretch. See how to perform some basic stretches at www.wellspring.com/wn/stretch.pdf
- ✓ Walk to give a message to a co-worker.
- ✓ Visit the water cooler for a drink.
- ✓ Clean up or reorganize your office.
- ✓ Walk to the mailroom to pick up your mail.
- ✓ Pace back and forth when you're thinking or talking on the phone.
- ✓ Hold standing-only meetings.
- ✓ Start a lunchtime walking group.
- ✓ Make the most of your commute. If you take the bus, get off one or two stops early and walk.

Sitting Time and Risk of Mortality



Researchers found a strong association with daily sitting time and risk of mortality. As sitting time increases to 50% or more of each day, the risk of death from any cause increases by 11-54%.

Medicine and Science in Sports and Exercise 41:998-1005, May 2009

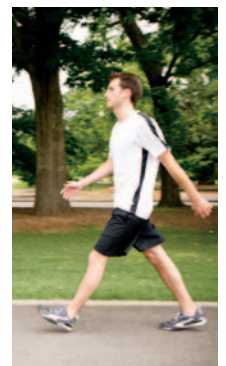


- ✓ Replace your office chair with a stability ball. It will strengthen your abdominal muscles.
- ✓ Use a stand-up desk at work for reading and writing.

At Home

- ✓ Walk through your house to find a family member, instead of yelling.
- ✓ Take out the garbage. Setting it by the door doesn't count.
- ✓ Walk your dog, instead of paying someone to do it for you or ignoring your four-footed friend.
- ✓ Clean your kitchen as fast as you can.

- ✓ Fold all your laundry standing up. Then race from room to room to put it away.
- ✓ Get up off the couch to change the channel or adjust the volume.
- ✓ Walk to a friend's house to visit.
- ✓ Clean up your garage.
- ✓ Rearrange your furniture.
- ✓ Vacuum your house. And don't be lazy. Move the rug this time.
- ✓ Walk around when you're on the phone.
- ✓ Walk to your mailbox, instead of rolling down your window to collect it.
- ✓ Stand up and jog in place during TV commercials.
- ✓ Wash your car.



More →

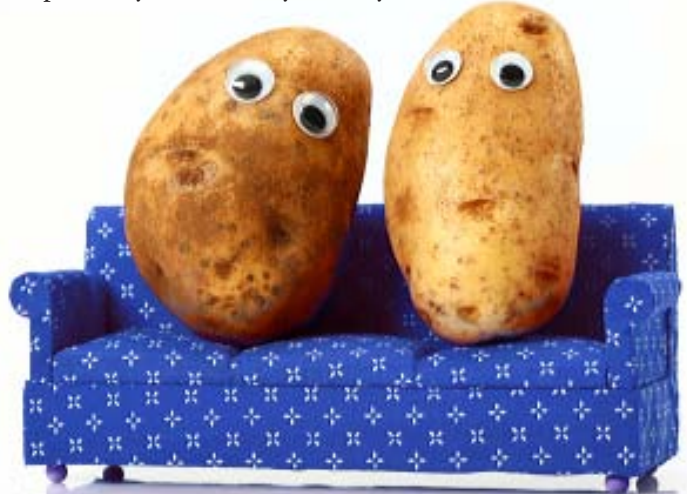
- ✓ Toss a ball or Frisbee®.
- ✓ Play active video games that require dancing and movement.
- ✓ Use your fitness equipment that's been sitting in the garage (i.e., exercise bike, treadmill, weight set). Start by dusting it off.

On the Go

- ✓ Park far away when you go to the store.
- ✓ Walk a lap around the store before you begin your shopping.
- ✓ Take the stairs (as long as they're well-lit) instead of the elevator or escalator.
- ✓ Stand instead of sit while waiting for a ride, interview, or appointment.
- ✓ Pick up litter.
- ✓ Go inside instead of using the drive-thru.
- ✓ Turn shopping into a race, and find your items as fast as possible.
- ✓ When you can, carry your groceries instead of using a cart.
- ✓ Lift your gallon of milk or laundry detergent a few times before you drop it in your shopping cart or put it away at home.
- ✓ Push your kids in a stroller or shopping cart.
- ✓ Power-walk around the mall on rainy days.

Keep On Moving

If you're a high-energy person who likes to get a lot of things done in a day and doesn't like sitting still, you've got the right idea about being more active. But if your natural tendency is to take up your spot as a couch potato at home or stay glued to your chair at the office, you've got to look for ways to keep on moving. All it takes is a few steps, and you'll be on your way.



Sources:

- American Cancer Society. 2010. <http://tinyurl.com/2e7s2wt>*
- American College of Sports Medicine. 2011. <http://tinyurl.com/866mm8c>*
- American Institute for Cancer Research. 2011. <http://tinyurl.com/6y7qk6t>*
- American Journal of Epidemiology. 2010: 172(4)419-429*
- Centers for Disease Control and Prevention.*
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- Science. 1999: 283(5399)212-214.*





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Stand up, stretch, and move more this month.

Instructions

1. Post the Health Challenge Calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of days you were more active than you usually are.
3. At the end of the month, total the number of days you completed activities to be more active. You must meet this goal on at least 22 days during the month to complete the Challenge. Then keep up this practice for a lifetime of best health!
4. Keep this record for evidence of completion.

MONTH: _____							HC = Health Challenge	ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
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_____ Number of days this month I sat less and moved more

_____ Number of days this month I got 30+ minutes of physical activity such as brisk walking



Other wellness projects completed this month:

Name _____ Date _____