

# Don't be the **odd one out.**



## Break it Up!

*Research suggests that **breaking up sitting time** with just short bouts of activity (getting up from your desk and moving around) is associated with smaller waist circumference and longer life expectancy.*

## Stand, Don't Sit.

*"It increases energy, **burns extra calories**, tones muscles, improves posture, increases blood flow and **ramps up metabolism**."*

### 4 Easy Ways to Stand More

1. Stand when you talk on the phone.
2. Stand when commuting to and from work.
3. When getting sleepy, try standing calf raises by your desk.
4. Organize a lunchtime walking group.

Resources: <http://newsinhealth.nih.gov/>,  
<http://www.juststand.org/>



# Make **standing** your new sitting.