

Fight the urge. Don't sit down.

Increase activity within the office

- ✓ Walk to colleagues instead of emailing them.
- ✓ Use printers or toilets further from your desk.
- ✓ Do some heel lifts, toe lifts, thigh and butt squeezes, and head rotations.

Increase time spent standing

- ✓ Stand up while talking on the phone.
- ✓ Set a timer to stand up and stretch every hour.
- ✓ Stand up when watching TV commercials.

- ✓ Have a walking meeting.
- ✓ Go for a walk during your lunch or coffee break.
- ✓ Stand on the bus, subway, or train.

- ✓ Check out the EWSNetwork resources on Sitting Disease.
- ✓ Stick post-it notes on your computer to stand when on the phone.

Increase activity outside the office

General awareness

Resources: <http://www.juststand.org/>