

Have a seat.

Sitting is a *Disease*?

*“For people who sit most of the day, their risk of heart attack is **about the same** as smoking.”*

...Don't get too comfy.

- **Stand** or **walk** during phone calls.
- **Set a timer** on your computer every hour to take a walking break.
- **“Walk with me.”** Replace a quick email for a quick walk with someone.
- **Goodbye chair, hello ball.** Swap your chair for an exercise ball after lunch. Eventually work up to sitting on the ball the whole day.

*50% - 70% of people spend 6 or more hours sitting a day. **Be the change and get off that seat!***

Resources: <http://www.juststand.org/>, <http://www.aicr.org/>, <http://www.mayoclinic.com/>