



Sit Less, Move More

CHALLENGE

Stand up, stretch, and move more this month

Requirements to complete this HEALTH CHALLENGE™

1. Read “Sit Less, Move More.”
2. Sit less and be more active on at least 22 days this month.
3. Keep a record of your completed challenge in case your organization requires documentation.



If you catch a flight from Los Angeles, Calif., on Air India headed to Delhi, you'll be sitting for a while. The trip is a mere 7,829 miles. And it's one of the longest non-stop flights in

the world. How long? Except for a bathroom break or two, you'll be sitting for about 14 to 16 hours.

That might seem like a lot of sitting. But the truth is, a lot of people sit for nearly that much time every day. Think about it. If you sit in the car to and from work, at your desk during the day, and in front of the TV when you get home, you're on your bottom most of the time.

And that's a problem. A recent study compared data from 47 studies on sedentary behavior and health risks linked to hospital visits and early death.¹ The data showed that most people spend half of their waking hours sitting. Researchers also found that the more time you spend sitting, the more at risk you are for heart disease, diabetes, and cancer.

How much do you know about sitting and your health? Take the quiz to find out.

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1. The average adult spends at least half of their waking hours sitting.¹
2. Cutting the amount of time you sit by just 10 percent a day, greatly lowers your risk of early death.³
3. There is no link between sitting for long periods of time and chronic disease or early death.
4. Two minutes of light exercise for each hour of sitting can lower the risk for dying early by 33 percent.⁴
5. About 60 to 75 minutes of physical activity per day is ideal to help prevent early death from too much sitting.⁵

How did you do? If you answered any of these statements incorrectly, you could benefit from learning more about the impact sitting has on your health. This monthly health challenge will show you how you can sit less and move more at home, at work, and when you're on the go.

Answers: 1. True. 2. True. 3. True. 4. False. 5. True.

Take a Stand on Sitting Down

Fortunately, you don't have to take all the statistics you hear about your health sitting down. In the 86,400 seconds that tick by each day, you make hundreds of choices that impact your health. Why not choose to sit less?

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?

“Sitting might not be the whole cause of health problems,” says Harvard University researcher Dr. I-Min Lee. But sitting keeps you from doing healthier activities, like walking.²

Want to improve your health and live longer? Take the month-long health challenge to Sit Less, Move More.

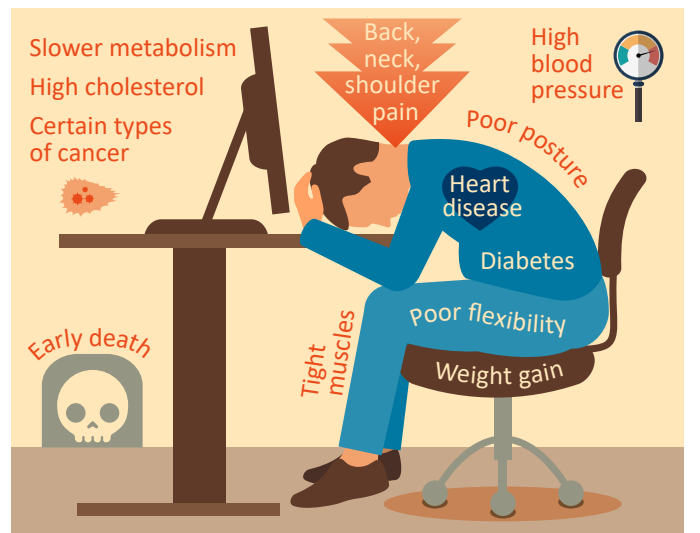
Why sitting may be hazardous to your health
<http://tinyurl.com/ycpaqqq>

The Trouble with Too Much Sitting

Do you know how much time you spend sitting each day?

Think about it. If you work in an office or drive for a living, you probably spend eight or more hours a day sitting. Then there's the time you sit at home, in front of a computer, eating, or watching TV. And the time you sit while in a car, bus, or train.

Add it all up and see how much time you spend sitting. Then do the same thing to find out how much time you spend sitting on the weekend. If you're sitting for even a few hours a day at a time without a break, set a goal to change this. Why?

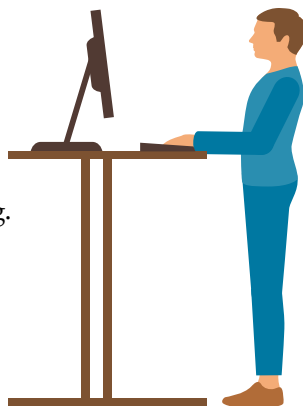


How to Be More Active

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.
- Use a stand-up desk at work for reading and writing.
- Go to the gym during your lunch hour.
- Stand up and stretch. See how to perform some basic stretches read ***Stretch!***
- 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.
- Replace your office chair with a stability ball. It will strengthen your abdominal muscles.



30 ways
to be more
active
<http://tinyurl.com/yc6uqotg>

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.

Quiz:
Are you a
serial sitter or a
standing superstar?
<http://tinyurl.com/y8cbxt9a>



- Walk to your mailbox, instead of rolling down your window to collect it.
- Stand up and jog in place during TV commercials.
- Walk around when you're on the phone.
- Wash your car.
- 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

- Push your kids in a stroller or shopping cart.
- Park far away when you go to the store.
- Walk a lap around the store before you begin your shopping.
- Go inside instead of using the drive-thru.
- Take the stairs (as long as they're well-lit) instead of the elevator or escalator.
- Stand while waiting for a ride, interview, or appointment.
- Pick up litter.
- 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.
- Power-walk around the mall on rainy days.

Take Steps to Improve Your Health

Sit less. Move more. You don't have to run a marathon or climb Mount Everest. Even a little activity is better than none. All it takes is a few steps, and you'll be on your way to better health.

References

1. Aviroop, B., et al. (2015). Sedentary time and its association with risk for disease incidence, mortality, and hospitalization in adults: A systematic review and meta-analysis. *Annals of Internal Medicine*, 162(2):123-132. <http://doi:10.7326/M14-1651>.
2. Harvard University. (2017). Take a stand against sitting. *Harvard Health Publications*. Accessed on Aug. 11, 2017 from: <http://tinyurl.com/ybb6964x>.
3. Rezende, L., et al. (2016). All-cause mortality attributable to sitting time. *American Journal of Preventive Medicine*, 51(2):253-263. doi: <http://dx.doi.org/10.1016/j.amepre.2016.01.022>.
4. Beddhu, S., et al. (2015). Light-intensity physical activities and mortality in the United States general population and CKD subpopulation. *Clinical Journal of the American Society of Nephrology*, 10(7):1145-1153. doi: 10.2215/CJN.08410814.
5. Ekelund, U., et al. (2016). Does physical activity attenuate, or even eliminate, the detrimental association of sitting time with mortality? A harmonised meta-analysis of data from more than 1 million men and women. *The Lancet*, 388(10051):1302-1310. doi: 10.1016/S0140-6736(16)30370-1.





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Instructions

1. Post this 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. Use the calendar to record the actions and choices you make to sit less and move more.
4. 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.

MONTH:							HC = Health Challenge™ ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	
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_____ Number of days this month I was more active than I usually am

_____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

Name _____ Date _____