

# HEALTHY LIVING CHALLENGE

WELCOME TO WEEK FOUR

## ALMOST THERE FOLKS! *One More Week To Go!*

Have you thought of how much you sit? Eating breakfast, driving to work, sitting at your desk, driving home, eating dinner, watching TV or using the computer in the evening...

Research has shown that adults who sit less have a lower risk of early death, especially

from cardiovascular disease. The real kicker is what's known as the "active couch potato." Even if you meet the recommended 30 minutes of exercise per day and sit for the rest of the day, you are still at risk of cardiovascular disease, obesity and type II diabetes (National Heart Foundation of Australia, 2011).

## TAKE A WORKSTATION BREAK!

### *Try doing the following:*

- **Set an alarm every hour and take a stretch and stand break away from your workstation**
- **Stand to greet visitors when they come in**
- **Stand during phone calls**
- **Walk to your colleague's desk rather than sending an email or calling**
- **Eat your lunch away from your desk**
- **Drink more water so that you have to get up and use the washroom!**



Source: <http://www.heartfoundation.org.au/>

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