

# MINDFUL MOVEMENT

YOU HAVE THE TIME

## GET OFF YOUR SEAT.

Set reminders to stand up and move.

## SCHEDULE IT IN.

Block off time in your day for physical activity - and stick to it!

## TAKE A BREAK.

Use it to clear your mind and move your body.

## STACK YOUR HABITS.

Pair movement with things you already do.

## HOLD YOURSELF ACCOUNTABLE.

Commit and stay on track.