



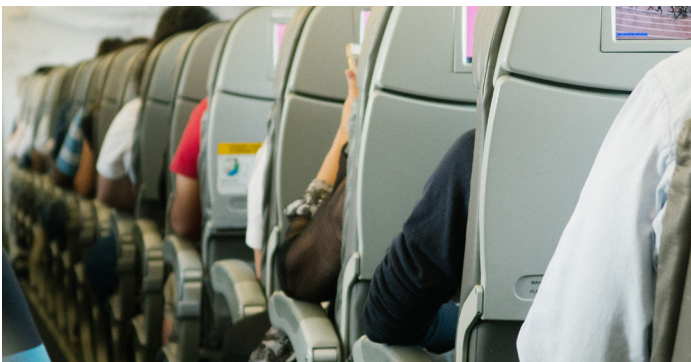
Sit Less, Move More

CHALLENGE

Stand up, stretch & be more active

Requirements to complete this HEALTH CHALLENGE™

1. Read “Sit Less, Move More.”
2. Create a plan to sit less, move more and be more active.
3. Keep a record of your completed health challenge in case your organization requires documentation.



If you catch a flight from New York City to Singapore on an Airbus A350, you’ll be sitting for a while. The trip is a mere 9,527 miles. And it’s the longest non-stop flight in the world. How long? Except for a bathroom break or two, you’ll be sitting for about 19 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... in the car, at work, at the table, on the couch. 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 chronic diseases.

Quiz: Sedentary Secrets

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



T F

1. The average adult spends at least half of their waking hours sitting.
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 20-30 minutes of physical activity per day can help prevent chronic disease and early death⁵

If you want to live longer, feel better and lower your risk for chronic disease, eat more fruits, vegetables, whole grains, nuts, seeds, and legumes. Eating even a little red meat raises the risk for heart disease and other health problems.³

Answers: 1. True, 2. True, 3. False, 4. True, 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?

“The health risks tied to sitting may not be completely related to the act of sitting,” 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.





The Trouble with Too Much Sitting

Here's a little more to think about when you're sitting around at home, at work, or in the car. Too much sitting can lead to:⁶

- Slower metabolism
- High cholesterol
- Certain types of cancer
- Early death
- Musculoskeletal pain (back, neck, shoulders, legs)
- High blood pressure
- Poor posture
- Heart disease
- Diabetes
- Poor flexibility
- Weight gain



Taking breaks from sitting throughout the day to be more active can improve your health, your mood, and your quality of life.

How to Sit Less & Move More

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. A daily walk, bike ride, workout, or fitness class that takes just 20-30 minutes can make a big difference.

But there are also other ways you can sit less and move more at work, at home, and when you're on the go:

At Work

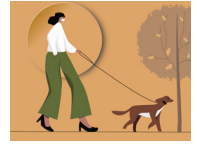
- Take the stairs.
- Use a stand-up desk at work
- Stand up and stretch at least once an hour
- Walk to give a message to a coworker.



- Pace back and forth when you're thinking or talking on the phone
- Hold standing-only meetings in person or virtually.
- Take a walk during your lunch hour or break

At Home

- Walk through your house to find a family member, instead of yelling.
- Take out the garbage.
- Walk your dog.
- Clean the kitchen as fast as you can.
- Fold all your laundry standing up. Then race from room to room to put it away.
- Walk to a friend's house to visit.
- Clean up your garage.
- Vacuum with vigor and get it done fast.
- Walk around when you're on the phone.
- Wash your car.
- If you have fitness equipment (i.e., exercise bike, treadmill, weight set), use it.



On the Go

- 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 instead of the elevator or escalator.
- Stand while waiting for a ride, interview, or appointment.
- 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.



Take Steps to Improve Your Health

Sit less. Move more. You don't have to run a marathon or climb a mountain. 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. Biswas, A., 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. From: <https://tinyurl.com/3xfyxj5p>
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3. Rezende, L., et al. (2016). All-cause mortality attributable to sitting time. *American Journal of Preventive Medicine*, 51(2):253-263. From: <https://tinyurl.com/mrth7ew8>
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. From: <https://tinyurl.com/um45e2tk>
5. Centers for Disease Control and Prevention. (2022). How much physical activity do adults need? From: <https://tinyurl.com/6meymu5j>
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Sit Less, Move More



CHALLENGE

Stand up,
stretch & be
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Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Create a plan to sit less and move more daily.
3. Use the calendar to record your actions and choices to eat more plant-based foods and make it a regular part of your life.
4. Review your progress at the end of each day, each week, and at the end of the month. Then keep up the 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	
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_____ Number of days this month I took breaks from sitting

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

Other wellness projects completed this month:

Name _____ Date _____