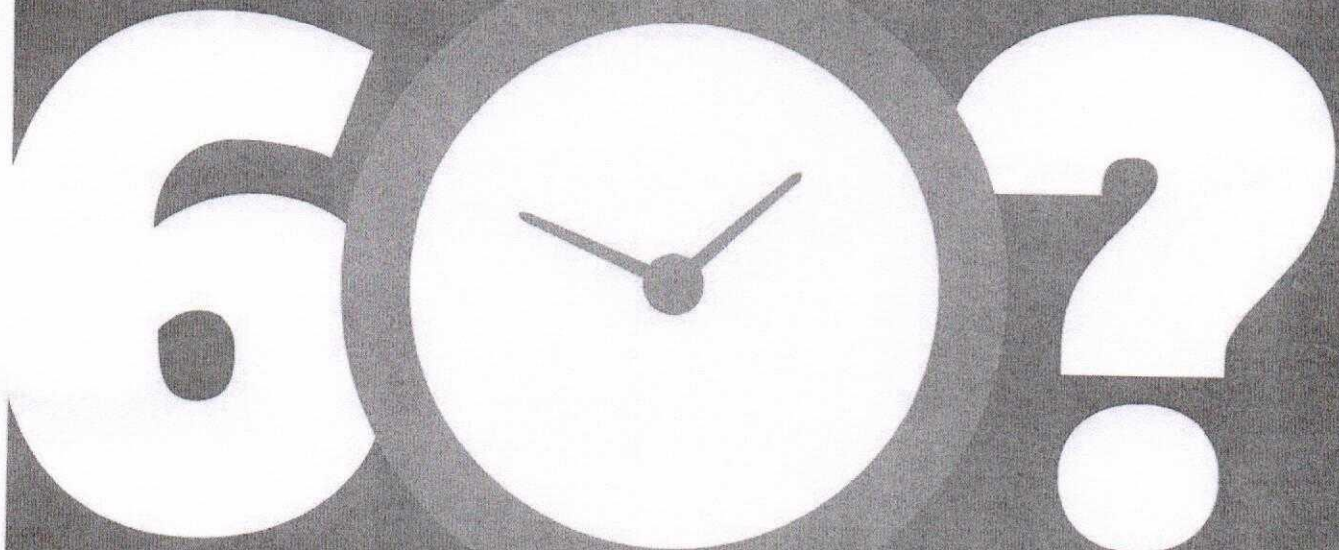# SIT FOR 60? MOVE FOR 3!

Studies show sitting for 60 minutes without a physical activity break can cause significant health issues.

Integrating physical activity into your work routine is simple and good for you! Just move!

Make it a point to get out of your seat and be active for three minutes after you've been seated for a prolonged period of time.

5 WAYS TO TURBO-CHARGE YOUR WORKDAY

1. **TAKE THE STAIRS:** Take a break from the elevator and hit the stairs.

2. **HOST A WALKING MEETING:** Who said weekly staff meetings need to be hosted in your conference room? Get updates from your coworkers while you walk throughout your office. And, walking to the vending machine doesn't count.

3. **STAND UP FOR SOMETHING:** Instead of sitting while you're on the phone, simply stand up. Want extra credit? Improve your balance by standing on one leg, then switch to the other.

4. **DESK YOGA:** Sit facing forward, then turn your head to the left and your torso to the right, and hold a few seconds to relieve sendentary stress. Repeat 15 times, alternating sides.

5. **THE BACK 40:** Parking further away from your office means you'll be walking a few more minutes per day. Remember, everything counts!

Remember, sitting for more than an hour erases that workout you did this morning or over lunch. Get your metabolism up by making sure when you sit for 60, you move for 3!