

Get a **Move** On

Quit sitting your life away.



TIPS: Use an app or a wearable device to track your steps, and progress up to 10,000 per day. Schedule several 10-minute action breaks each day; set a timer to remind you to get up and move. When you sit less, you'll be motivated as you experience less stiffness and more energy.

With 206 bones and more than 600 muscles, our bodies are made to move. Of course, modern trends and technology have led to sedentary lifestyles. We now spend the majority of our waking time sitting in a constricted posture that prevents our bodies from functioning well.

How serious is too much sitting?

It's now considered a health risk leading to several diseases, including heart, type 2 diabetes, obesity, arthritis and some cancers — even when we meet the minimum exercise guidelines.

Begin to actively avoid sitting. Think of it as part of your physical fitness goals for health protection. In addition to getting 150 minutes weekly of moderate-intensity exercise (such as brisk walking), the American College of Sports Medicine recommends we stay active throughout each day. For example:

- **Walk** whenever you can — around your workplace, home and neighborhood.
- **Walk** after meals and during your breaks.
- **Pace** while watching sporting events.
- **Get up and move** about while viewing TV, talking on the phone or eating lunch.
- **Stand** as you read or use your smartphone.
- **Do more chores.**
- **Explore** standing desks for work (with your employer's okay) or home.

Living long and well means staying **active.**

