

# SIT LESS, MOVE MORE

Sitting down for long periods is bad for our health. Here are eight ways to add breaks to your day.

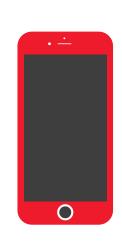
WALK OVER to speak with co-workers instead of e-mailing them





## DRINK WATER

and get up for refills



#### STAND UP

when you're on the phone

### REGULAR BREAKS

from sitting by standing up every 30 minutes

#### LEAVE YOUR DESK FOR LUNCH







LIMIT
SCREEN
TIME
to stay active



