

June 06, 2014



# Share the Wellness Tip

## Stand Up For The Health Of It

Most of us sit—a lot. Unfortunately, our daily lives require it. We sit during commutes, while at work, and when at home. Even if we get the recommended 30 minutes of daily exercise, we spend a majority of the rest of our days sitting.

The American Medical Association states that sitting for extended periods can be bad for personal health.

Think about times when you could stand or move instead of sit.

### Work-Related Opportunities

- ☑ Stand when on the phone.
- ☑ Walk more at work: Park your car farther from your building; use stairs instead of elevators; take a long route to the restroom or mail room.
- ☑ Don't send e-mails if recipients are near; walk over and talk to them.
- ☑ While computing at your desk, set a timer to remind you to stand and stretch every half hour.

### Personal-Time Opportunities

- ☑ When watching TV, get up to change channels.
- ☑ Stand or exercise while watching TV, or during commercial breaks.
- ☑ During gaming (e.g., online gaming such as FarmVille or using a system such as Wii or Playstation), stand between sessions and screen loads.

*Source: JustStand.org*

