A growing body of research shows that long periods of physical inactivity raise your risk of developing heart disease, diabetes, cancer, and obesity. In January 2010, British experts linked prolonged periods of sitting to a greater likelihood of disease. And that same month, Australian researchers reported that each hour spent watching TV is linked to an 18% increase in the risk of dying from cardiovascular disease -- perhaps because that time is spent sitting down.

That is why it’s so important to take every opportunity to move! Below are a few ways to introduce more movement into your day!

- **Park far away** – use this opportunity to get more steps in your day.
- **Take the stairs** – another great way to get exercise in rather than taking an elevator.
- **Walk or bike to work** – this is a great way to be environmentally conscious and healthy.
- **Take walk breaks** – take a 15 – 20 minute walk in the morning or afternoon during your work day.
- **Stand throughout the day** – standing uses more muscles and burns more calories than sitting.
- **Visit colleagues for questions** – instead of an email or phone call, get up and walk to your colleague’s office or cubicle for information.
- **Move it while watching TV** – march in place, pace, stretch, do sit-ups, or use exercise equipment while you watch your favorite shows.
- **Pace when on the phone** – whether in an office environment or at home, keep those feet moving during your phone conversations.
- **Make activities active** – instead of going to see a movie, go play a physical sport or do a physical activity like hiking, bowling, tennis, swimming or skiing.

By incorporating these small changes into your daily life, you’ll be successfully transforming your sedentary lifestyle into an active one for health and energy!

For more information on this topic or further assistance, please contact your Employee Assistance Program.
