



Sit Less, MOVE MORE!

Benefits and Tips for Reducing Sedentary Time

60%

Recent research suggests adults spend 60% or > 8 hours of the waking day being **SEDENTARY**.

American Cancer Society study:

- people who sat > 6 hours had ~ 40% ↑ risk of early death than those who sat < 3 hours per day

40%

This was found to be true, regardless of the amount of physical activity!

Current physical activity guidelines recommend a minimum 150 minutes of moderate intensity exercise each week.

Sedentary time:

any activity involving sitting, reclining, or lying down that has a very low energy expenditure.



While it is known to most, that physical activity and exercise are a beneficial part to a healthy lifestyle, sedentary behaviors and total sedentary time is something that tends to be overlooked.

Even if you can meet the daily guidelines for exercise, most adults still spend large amounts of time sitting down. You may find yourself spending the rest of your day sitting, which will still put you at high risk of developing chronic medical problems related to inactivity.

It is known that being sedentary for prolonged periods of time can lead to a wide range of undesirable health outcomes, such as Obesity, Type 2 Diabetes, Heart Disease, Stroke, and the list goes on.

Research shows that even if you do the recommended physical activity for the week, if you spend > 4 hours sitting down you still have the same medical risks of a sedentary lifestyle.

In 2016 the average American spent > 41 hours per week with screen content, including > 34 hours of television.

Imagine what that looks like now with COVID!



You do not need ANY special equipment to get started!
You just need to
**get off your seat
& ON YOUR FEET!**

We **ALL CAN** evaluate our current sedentary time and use some of that time for **movement!**

We **ALL CAN** find productive ways to increase movement that will not feel overwhelming and...
that you might actually **ENJOY!**

Here are a Few Tips to Get You Started

Dance to a few of your favorite songs...



Walk around the house or outside while chatting on the phone with a good **friend!**



STAND UP every 15-30 minutes while at your desk.

When you are out and about shopping or picking up your weekly groceries, park in the **FURTHEST** parking spot!

LET'S GET YOU MOVING!

STAND during commercial breaks.

Start a friendly step count **CHALLENGE** with family and friends.

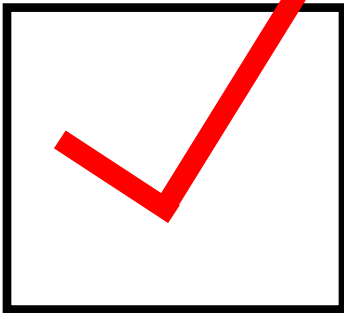
Take the **STAIRS** **WHENEVER** possible!

Forget the remote and get up to change the channel.

Take **DAILY** walks with your dog (pets need activity too)!

If you **ENJOY IT**, you are **MORE LIKELY** to repeat it. So **LET'S** make it **FUN!**

What can YOU take away from this?



Make a commitment to **SMALL CHANGES** in daily activity!

These changes **WILL GROW** into **LASTING IMPROVEMENTS** and help you **REACH** your healthy lifestyle **GOALS!**

Get out of your seat and on your feet!
You CAN do it!

Looking for more guidance?
Or just an extra push to get moving?

GIVE US A CALL!

Set up an appointment for a fitness evaluation and we can help you develop a personalized physical activity plan!

215-392-9911

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