

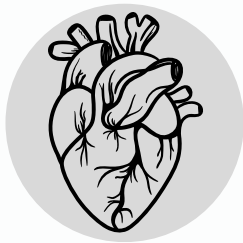
# Small Changes to Reduce Sedentary Behavior

**Reducing sedentary behavior** plays an important role in heart health

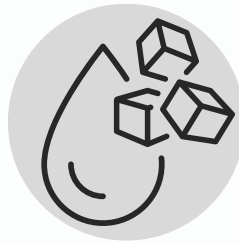
## WHAT is sedentary behavior?

- Sitting or reclining with little physical movement
- Includes activities like: watching TV, playing video games, using computers or smartphones, and sitting at a desk

**Too much sedentary behavior can lead to health concerns like:**



Heart disease



Diabetes



Obesity



Stress, anxiety, depression

**Sedentary behavior also works against our health and weight loss in 3 ways**

WHEN SEDENTARY, WE ARE MORE LIKELY TO ENGAGE IN MINDLESS EATING

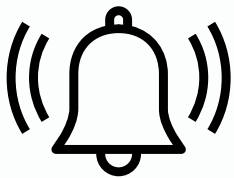
OUR BODIES AREN'T USING ENERGY WHEN SEDENTARY

TIME SPENT ON SEDENTARY ACTIVITIES COMPETES WITH TIME TO BE ACTIVE

# HOW to make small changes to reduce sedentary behavior?



Identify times and locations associated with sedentary behavior to make small changes



Set an alarm as a reminder to move while engaged in sedentary behavior at home or work



While watching TV, try walking up and down the stairs between episodes or choose a night to be TV-free



Make your favorite spot less comfortable by putting a pillow in the way or moving your couch so it's not facing the TV



Be more active overall with household chores, sports, or daily activities to replace sedentary behaviors

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Breaking up sedentary time with short bursts of activity can have significant health benefits!

**For every 25 minutes you're engaged in sedentary behavior, consider standing up and moving for 2-5 minutes**

# Set yourself up for **SUCCESS**

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★ Consider one small change you can **commit** to, or a **goal** centered on reducing sedentary behavior

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★ It may not be possible to make a change to all of the times and locations associated with sedentary behavior so **consider what is realistic for you!**

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★ Try relying on **support** from friends, family, and coworkers to reduce sedentary activities. Ask someone to engage in an active hobby with you, or invite a coworker to go on a walk!

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★ Look for opportunities to **stand!** Whether that is while watching TV, during a virtual meeting, or while you work!

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★ Remember, making **small but consistent** changes to sit less each day can lead to better outcomes over time and improve our well-being!