Movement

How much time do you spend being sedentary in a day?

Add up the time you spend:
- Sleeping
- Driving
- Eating
- Watching TV or using a computer at home
- AND...the time you spend at your desk, or sitting in meetings at work

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An excellent first step to leading a healthy and active lifestyle is to have an active lifestyle - recreational activities, walking, going to the gym, playing sports, etc.

BUT - new research shows that avoiding prolonged bouts (several hours at a time) of sedentary behavior may be EVEN MORE important to maintaining health & wellness. At work, we often spend several continuous hours being sedentary.

How can we prevent prolonged sedentary time at work?

Some people wish to use "standing desks", and yes, you burn slightly more calories while standing. But walking for 3 minutes burns more calories than 1 hour standing in place.

The Best thing you can do to improve health and wellness while at work: Add movement to your day by intermittently walking and sitting no longer than 1 hour without a small break!

- Do not place an individual printer at your desk; it removes a chance for you to get up to move.
- Send your printed documents to a printer in another part of the office, or work floor.
- When you have a meeting with co-workers, why not conduct the meeting by walking throughout the building or walking outside to discuss topics. Take periodic stops to record any required notes.
- Use a wireless headset for your phone. Stand and walk around your office when making a phone call.
- Go for a short walk during your lunch break

How much walking do you need during a day to be active?
- < 5000 steps per day (Sedentary)
- 5000 — 7499 steps per day (Lightly "Active")
- 7500 — 9999 steps per day (Somewhat "Active")
- 10 000 — 12 499 steps per day (Active)
- >12 500 steps per day (Highly active)
- To track how many steps you make in a day you can use a pedometer.
- There are free pedometer apps for your smart phone! Check out Accupedo on iTunes or GooglePlay!