



# 10 WAYS TO KICK the SITTING HABIT

"For people who sit most of the day, their risk of heart attack is about the same as smoking."

-Martha Grogan, Cardiologist, Mayo Clinic

- 1 Set an alarm to go off every 20 minutes. Stretch and dance for at least two minutes each time it goes off.**  
Cornell University's Ergonomics Research Laboratory found that "workers receiving the alerts were 13 percent more accurate on average in their work than coworkers who were not reminded."
- 2 Phone ringing? Answer it standing and continue your conversation on your feet!**  
If you're already standing, you're more likely to walk out of your office to talk to a colleague than call or e-mail.
- 3 Face to face meeting with just one or two other people? Take it for a walk. When in doubt, walk outside.**  
Develop a new corporate culture of "walking meetings."
- 4 Stuck? Change your physical level and shift your perspective.**  
Find the smallest, lowest shape you can and hold it for 5 seconds, then shoot up to the highest shape you can make, finally meander back to a middle shape. Relax. Do it again faster. Relax. Do it again s-l-o-w-l-y. Notice your boost in productivity.
- 5 Replace a *smoke break* with a *dance break*. Put on headphones and dance for an entire song.**  
Sit for no more than 20 minutes at a time and stand in one position for no more than 8 minutes.
- 6 Take three stress-busting deep breaths. Activate your entire torso by raising your arms up as you inhale, and lowering them as you exhale.**  
We can't avoid all sources of stress in our lives, but we can develop healthier ways of responding to them.
- 7 Tracking your daily steps? Park at the other end of the parking lot, or a few blocks away and get the benefit of 5-10 minutes of walking to and from your car.**  
"If you move even a little, that can help your fitness and overall health tremendously, even if you don't meet formal exercise guidelines."
- 8 (Of course!) Take the stairs instead of the elevator. Make it a group effort - and get climbing together.**  
"For people who are overweight and not as well conditioned, they may not be able to run, but they could climb stairs."
- 9 Waiting for a meeting to start? Have upbeat music playing and dance or stretch while you wait.**  
"If you want people to work together effectively, let them play together."
- 10 Distracted? Find your way back to your focus. Walk, skip, or jog in a zig-zag, curvy, or spiral pattern.**  
"The benefit starts to occur as soon as you get up."

**BONUS ▶** When people ask what you're doing - ask them why they aren't! Invite them to join The Movement Movement.

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