



WELLNESS CHALLENGE

Sit less, move more



Don't settle for less than your best health

Think about how much we sit in a typical day. Whether we're at work or at home relaxing, sitting down is a normal part of our daily life. But too much sitting can actually be harmful to our health. It's linked to a higher risk for:¹

- Weight gain
- High blood pressure
- Cancer
- High blood sugar

Fortunately, there are ways to help prevent the onset of these health problems. It's simple. You can cut the time you spend in your chair and be more active.

Start your challenge today

Get 30 minutes of activity at least five days a week for the next six weeks.

How to begin:

- ✓ Track how many minutes of activity you get each day for six weeks.
- ✓ Aim for 30 minutes of activity or more at least five days a week.
- ✓ Use your challenge tracker to see your progress.

¹ Laskowski MD, ER. Mayo Clinic. What are the risks of sitting too much. Available at: [mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/sitting/faq-20058005](https://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/sitting/faq-20058005). Accessed November 30, 2023.

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Take action and keep moving



You may be surprised by how easy it is to add more activity into your day. Here's how you can help yourself avoid staying seated for too long:

- 1** Get up at least once every hour and move throughout the workday.
- 2** Start walking for 10 minutes and slowly increase your time.
- 3** Schedule walks on your calendar.
- 4** Walk during phone calls.
- 5** Leave a pair of gym shoes in your car or at your desk.
- 6** Find a walking buddy.
- 7** Park your car farther away.
- 8** Take a walk instead of watching TV at night.



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Track your activity time



See how much you're moving

Write down how many minutes of activity you do for each day. Be sure to aim for 30 minutes of activity at least five days a week.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1								
2								
3								
4								
5								
6								
							Total:	

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