



Don't Just Sit There - MOVE!

The evidence about the harms of uninterrupted sitting (and the benefits of breaking it up) has been piling up for years. According to **Harvard Health**, **Heart Health Lifestyle**, small moves when you have been sitting for a while can have a big impact on your overall health.

Here are some ways to add short bursts of movement throughout your day:

- Get up from your desk and stretch
- Do a short set of exercises
- Use a stretchy band for arm exercise
- When on your cell phone, stand up, or walk back and forth
- Set a reminder to get up and move when you know you will be sitting for a long period of time (use a fitness tracker, smart phone or kitchen timer)
- Stand up while folding laundry; even make more trips than is necessary to put it away to get more steps in
- Move while you watch TV - march in place, rotate your arms, do leg lifts or sit ups
- You've heard the song - Take the Long Way Home, well when selecting a parking spot, park a little farther or, take the stairs instead of the escalator or elevator. Just this bit of exercise will contribute to the overall benefits of movement.

In addition to dedicating at least 30 minutes a day to structured exercise (such as brisk walking, cycling, or swimming), **be sure to get up and move for at least a few minutes many times throughout the day.** To read the full article, [click here.](#)

For more exercise tips to **stay healthy and independent**, [click here](#) for an informational video.