

Sit Less, Move More

THE POWER OF MOVEMENT SNACKS

Long periods of sitting are not good for your health. Break up the time you spend sitting by adding in movement snacks, which are short bursts of physical activity that last from 30 seconds to five minutes. Movement snacks help get your heart pumping, reduce joint stiffness and boost energy levels.

Sitting less and moving more are powerful steps in a healthy direction. Start with a few movement snacks that fit into your daily routine. Try any of these:

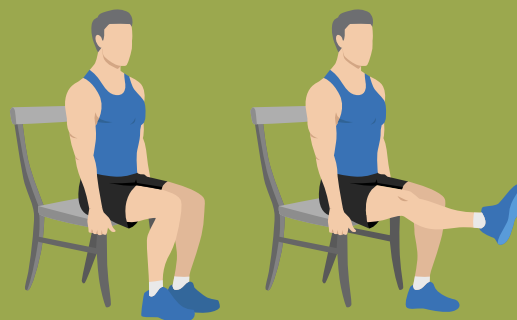
March in place

Stand up and march in place for a few minutes. Or walk around the room. Try to move your arms too.



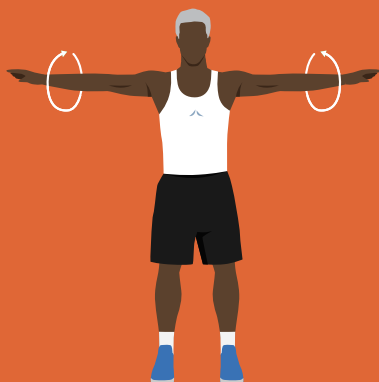
Seated leg lifts

While seated, straighten one leg at a time. Hold each leg up for a few seconds. Repeat 10–15 times.



Arm circles

Extend your arms out at your sides. Make small circles forward and backward for a few minutes. Make large circles too.



Wall push-ups

Place your palms flat against a wall. Bend your elbows and lean toward the wall, then straighten your arms. Return to starting position. Repeat 10–15 times.

