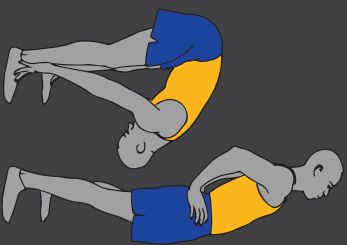
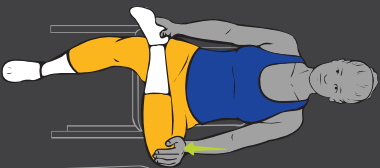
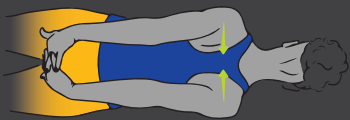
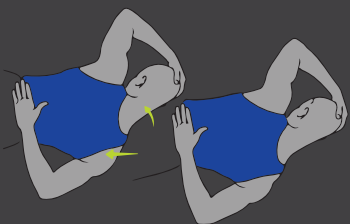


MOVE MORE

FOR 3 TO 4



go.ucr.edu/MoveMore

10 WAYS TO MOVE MORE

1. Move or stretch at least 3–4 minutes every hour.
2. Organize group walks during lunch or breaks.
3. Add steps to your day the easy way, park further away!
4. Take the Stairs as often as you can.
5. Wear a pedometer or use a fitness app to track your progress.
6. Change your position or posture often.
7. Eat your lunch away from your desk.
8. Stand while participating in a phone conference or webinar.
9. Walk to meetings on and off campus.
10. Move around or take a stretch break during long meetings.

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Workplace Health
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Recreation

the
Well