

# MOVE MORE

FOR 3 TO 4



## JOIN THE MOVEMENT

Stand, stretch, walk, or dance – it doesn't matter. Just keep moving 3-4 minutes every hour to promote better health, reduce ergonomic risks, and create a positive healthy culture change.

About 50% of the average person's day is spent sitting, which can lead to tight muscles, chronic diseases, depression and a shorter life span. But you can do something about it, and we're here to help.

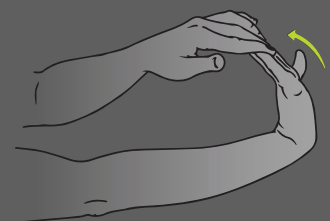
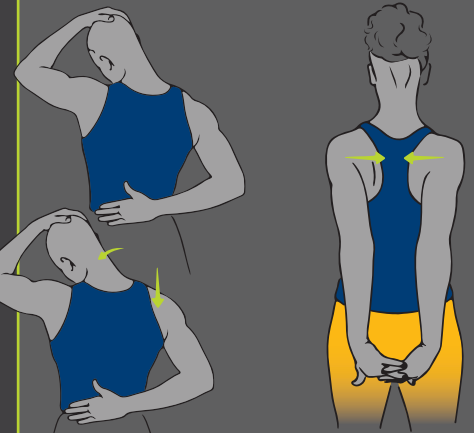
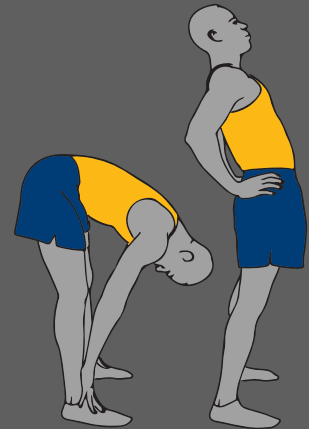
### FOR RESOURCES, VISIT [GO.UCR.EDU/MOVEMORE](http://GO.UCR.EDU/MOVEMORE):

- Tips
- Videos
- Downloads
- Inspiration
- To request a Stretching Session or Ergonomics Training

QUESTIONS?

Visit [go.ucr.edu/MoveMore](http://go.ucr.edu/MoveMore)

## STRETCHES TO DO RIGHT NOW



[hr.ucr.edu](http://hr.ucr.edu)



[recreation.ucr.edu](http://recreation.ucr.edu)



[well.ucr.edu](http://well.ucr.edu)

BE ACTIVE

BE WELL

BE LESS STRESSED