

## Fit Well—Move More at Work

One study found that sitting for 11 or more hours each day increased the risk of death by 40%, regardless of any other activity during the day. Unfortunately, even a daily trip to the gym can't undo the effects of an entire day spent sitting. To keep your body functioning properly, you need to move your body in a variety of ways.

Consider the following examples:

- Offer physical activity opportunities to help people achieve at least 30 minutes of physical activity each day.
- Integrate exercise equipment, if possible, within the space (e.g. exercise balls in place of some chairs, raised tables for standing).
- Implement walking meetings whenever possible.
- Stand up to do some tasks.
- Stretch and move during conference calls and webinars.
- Use your cell phone and a set of headphones to walk around campus during a conference call.
- Use the stairs instead of the elevator.
- Break up long periods of sitting (hour or more) by going for a walk or stretching. You should spend at least 3-4 minutes moving for every hour you spend sitting at your desk.
- Set a reminder on your phone or computer to take breaks.
- Walk to meetings across campus instead of driving.
- Stretch your shoulders, neck, and back throughout the day to overcome tightness from typing on a computer all day.
- Find a walking partner to make walks fun and to create accountability.
- Find time to close your eyes and take a few deep breaths at least once a day.

