

“How can I sit less and move more?”

You can add movement to your day without going to the gym.



Do you spend most of your waking hours sitting at a desk behind a computer, or traveling long distance in the car? If you do, you're certainly not alone. More often than not, people today spend over half of their waking hours sitting.

Less physical demand on your body for extended periods slows down your metabolism. Once this happens, your body begins to burn fewer calories and store more fat—often leading to unwanted weight gain. While you may not be able to stand while driving, you certainly can add movement to your day without having to go to the gym.

Here are a few ways to sit less and move more:

- **Take two.** Set two minutes aside every hour and stand at your desk. Maybe keep a set of small weights in your drawer and do a few lifting exercises to get the blood flowing in your arms. Take a giant stretch or two to feel more alive and alert.
- **Take it outside!** Consider doing some “walking” meetings with your colleagues. Fresh air and a spring in your step may promote better ideas—and help increase stamina. Buy a pedometer and see if you can reach 10,000 steps a day—the daily minimum requirement for exercise each day.
- **Get personal.** Do you need to talk with people about a project you're working on? Don't pick up the phone. Instead, walk over to their desk to talk with them. Face-to-face discussions may take a bit more effort to pull off, but your body will thank you for the effort.
- **Park your car in the farthest spot.** Most of the time, we're in such a hurry to get from here to there that we are always searching for the closest spot to the main door. Leave the house five minutes earlier and park farther away from the building.
- **Step up.** If you generally take the elevator, try the stairs. Go as many flights as you can, but don't push it—take the elevator the rest of the way. In time you'll be able to go all the way up.

With a little activity here and there, you'll keep your body in motion and help to counteract the immobility of sitting all those hours! Small changes have big rewards!