



GET PUMPED

NATIONAL

GET FIT

DON'T SIT DAY™

MAY 2, 2018

 American Diabetes Association®

8 Ways to Be More Active During the Workday

Sitting too much for long periods of time is harmful to our health. Just getting up once every 30 minutes to stretch or walk around the office is better than sitting for hours on end in a chair. Take every opportunity you can to get up and move.

Here are just a few simple ways you can do it:

- 1 Take the stairs instead of the elevator at the office and in the parking garage.
- 2 Get up and take a quick walk around your office.
- 3 Stand up and stretch at your desk.
- 4 If you go out for lunch, walk to the restaurant.
- 5 If you take public transportation to work, get off one stop earlier and walk the rest of the way to your office.
- 6 Use a speaker or mobile phone so you can pace around your office during conference calls.
- 7 Try some chair exercises while at your desk.
- 8 Fidget (when appropriate!)—Tap or wiggle your foot during meetings or while working at your desk.

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