

SIT LESS, MOVE MORE

Get Active At Work & Home

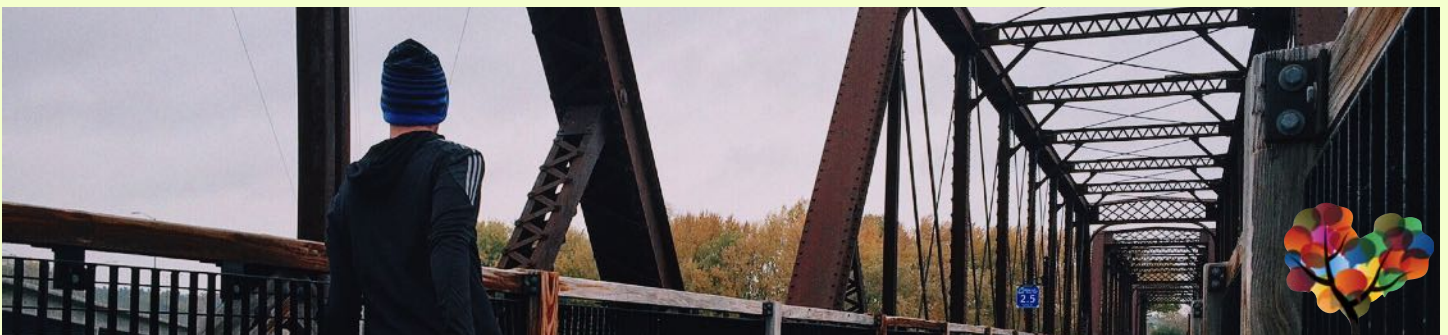
TRY ONE TIP FOR STAYING ACTIVE AT WORK:

- Take a walk break every time you take a coffee or tea break.
- Do some leisurely walking with colleagues after you eat lunch together.
- Stand up and move whenever you have a drink of water.
- Whenever possible stand up as opposed to sitting down.



TRY ONE TIP FOR STAYING ACTIVE AT HOME:

- Take a family walk after dinner.
- Plan one activity for the family on the weekend.
- Walk your dog daily.
- Trade one TV episode for a fun game or activity.
- Get out and have fun with water!



For more great tips visit www.healthycommunityalliance.org