

Sit Less, Move More: Easy ways to sit less at work

Research has demonstrated that taking short, frequent breaks to interrupt sedentary behavior is effective for counteracting many of the negative health effects of prolonged sitting.

Aim to stand up at least once every **30 minutes** to "**wake up**" your muscles and get your blood flowing.

If you can incorporate walking or other light activity with these breaks, you'll reap additional health benefits, but even standing is effective.

Here are a few ideas for incorporating activity breaks into your workday.

