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:

- Park farther away
- Fill up coffee
- Use the restroom
- Use active transportation! If you live less than a mile from work, talk a stroll on nice days. If you live farther than a mile, hop on your bike.
- Stand while using the computer
- Make a standing desk by stacking books or buy a standing desk for your work space. A standing body uses more energy than a seated body!
- Take a short walk over your lunch hour
- Grab a refill
- Talk to a colleague
- Stand to chat
- Stand up while you take/make phone calls. Use anchors such as this to build tiny habits for big success. Say to yourself: After I answer the phone, I will stand up. It’ll be habit before you know it.
- Sometimes it can be hard to remember to stand up when you find yourself focused on a task at work. Consider setting an alarm on your phone or computer to prompt your breaks, or try installing a reminder app.

Here are a few ideas:

- www.metaclock.com
- www.monkeymatt.com/bigstretch/
- Alarmed – Reminders + Timers (Apple)
- Life Reminders by Cameleo-Tech (Android)

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