

## Move More, Sit Less

### Decrease Sedentary Time

It is important to decrease the time you spend sitting. Too much time being still can lead to chronic illnesses such as heart disease, diabetes, and cancer. If you exercise often but spend more time sitting, you may be less healthy than if you exercised and moved more throughout the day.

### Physical Activity vs Exercise

The term physical activity describes many forms of movement which involve the large skeletal muscles. Physical activity is considered exercise when it is done over a planned length of time and with enough effort to cause an increase in heart rate and breathing. This is called aerobic exercise. If the activity focuses on toning and strengthening the muscles, it might count as strengthening exercise.

Exercise is aerobic or strengthening activity that is done purposely to maintain or improve physical fitness.

Physical fitness has several components but three that you should focus on are:

1. Cardiovascular endurance
2. Muscle Strength
3. Flexibility

### You Need Both Physical Activity and Exercise

It is important to increase daily physical activity. This means move more and sit less. It is just as important to exercise regularly. Include aerobic, strength training, and flexibility exercises.

### Easy Ways to Be More Physically Active Throughout the Day

- Use stairs instead of the elevator
- Park at the far end of the parking lot
- Buy a new or used stationary bike or treadmill and place it so you can exercise while you watch TV
- Walk, jog, or do jumping jacks in place for 1-2 minutes every hour while at work
- Buy a standing or treadmill desk so you are not sitting all day
- Buy a set of pedals that you can move with your feet while you sit at your desk

## **Any Movement is better than No Movement**

Movement is very important to your health. Any movement you do whether physical, activity, or exercise is better than none. People often think that if they cannot get in 30 minutes to an hour of planned exercise, it is not worth doing at all. Nothing could be further from the truth. If you only have the time to pick up some hand weights and do a few bicep curls and a few squats, then do it! If you only have energy for a brief walk with the dog, do it! Any activity will benefit you.