



September- Let's Get Stepping!

Physical activity is an essential component of a healthy lifestyle. Our bodies were not created to sit all day. Most Americans are sitting during meals, commuting to work, watching television, **are** behind a computer and sitting at a desk. Sedentary living has been shown by researchers to play a significant role in health issues: from obesity, heart disease, diabetes to depression.

Get Moving!

- Move at least 30 minutes per day
- Get up from the desk every hour, go for a glass of water or stretch
- Take a 15 minute walk during your lunch break
- Dance just for fun
- Park away from the front door
- Hold walk and talk meetings



Stay active through exercise

- Yoga
- Pilates
- Tai Chi
- Join a gym & lift some weights

Did you know?

Taking the stairs - reduces the risk of dying prematurely by 15% and shaves six months off your "brain age"

Walking - benefits your brain, heart, skin, mood and metabolism

- Start at 10 minutes, then 15 minutes, then 20 minutes and keep going
- Brisk walks can help you live longer



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