

Tips for Sitting Less During the Workday

Emerging research suggests that sitting for long periods of time every day is associated with obesity, metabolic syndrome, cardiovascular disease and cancer. Some health advocates consider excessive sitting as dangerous as smoking!

Tips for Standing more - Sitting Less!

1. Stand more (set a timer and stand hourly)
2. If you work at a desk for long periods of time, create a standing desk - improvise with a high table or counter
3. When the phone rings, stand up to answer it
4. Walk while on the phone, if you can
5. Agree with your co-workers to stand while talking or meeting (v.s. sitting)
6. Stand while taking coffee breaks, or eating lunch
7. Make a walking date with your friend or co-worker instead of sitting down
8. Set an alarm at your computer, and when it goes off, get up and go for a walk, (even if its just around the office)
9. Get a pedometer and count your steps — increase from your baseline
10. Walk to and from work
11. After work, plan more active things to do than watching television
12. If you work in an office with an elevator, don't use it, take the stairs as much as possible.

*The impact of movement — even small movements — can make a big difference!
You'll burn more calories, get oxygen flowing and increase your energy.*

References and Resources

- Hamilton, M. et. al. (2008) Too Little Exercise and Too Much Sitting: Inactivity Physiology and the Need for New Recommendations on Sedentary Behavior Curr Cardiovasc Risk Rep. Jul 2008; 2(4): 292–298. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3419586/>
- Lavine, J. What are the risks of sitting too much? Mayo Clinic. <http://www.mayoclinic.org/healthy-living/adult-health/expert-answers/sitting/faq-20058005>
- Just Stand <http://www.juststand.org/tabid/816/language/en-US/default.aspx>
- Sitting too much graphic: <http://www.washingtonpost.com/wp-srv/special/health/sitting/Sitting.pdf>



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