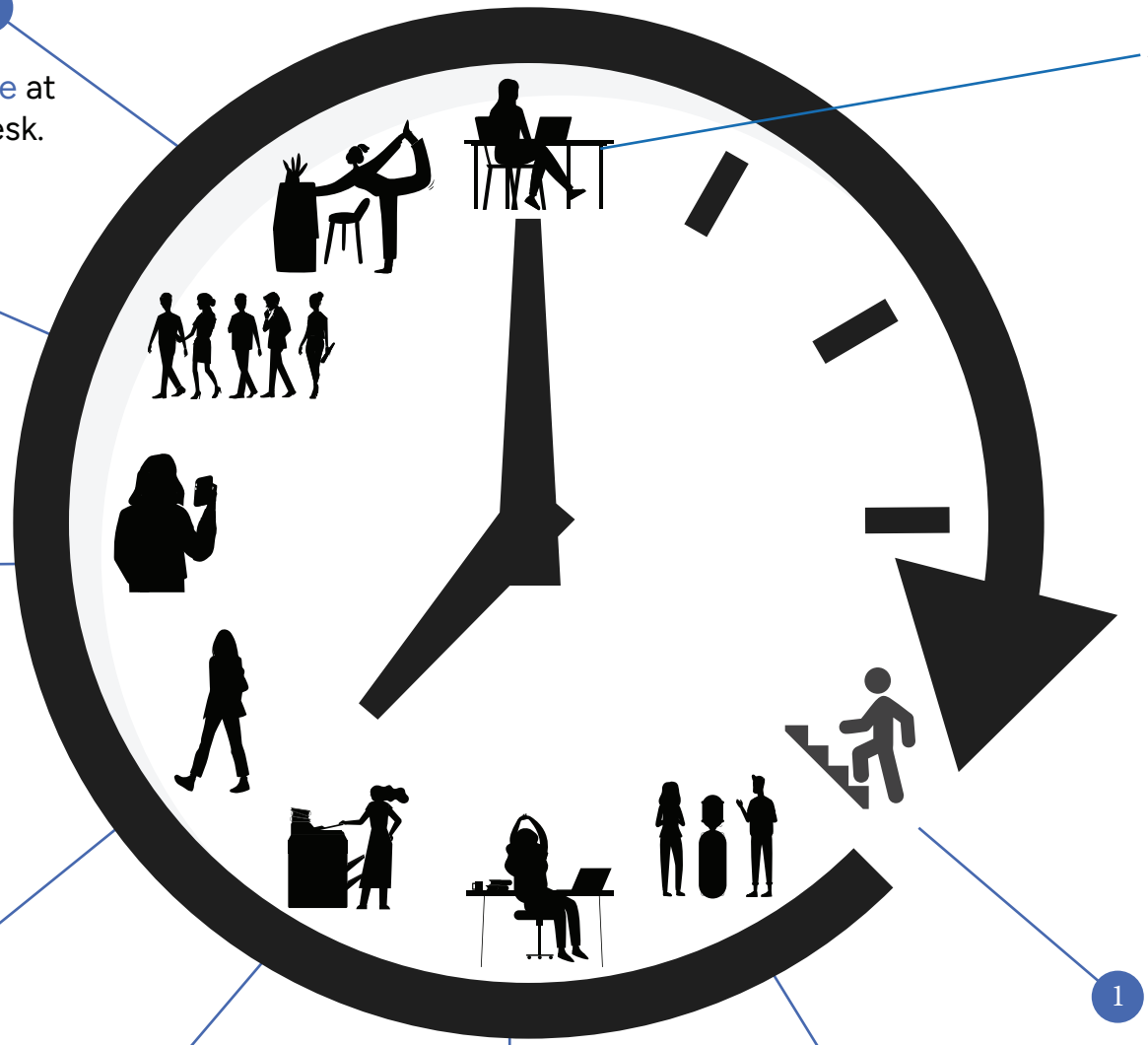
AMERICAN COLLEGE OF Lifestyle Medicine

Break Sitting Streaks with Bite-Sized Exercise



The average American sits more than **7** hours a day

Research shows that prolonged sitting damages our health

1. Take the stairs instead of the elevator.
2. Walk to the water cooler for a refill.
3. Stand up and stretch at your desk.
4. March in place when waiting at the printer.
5. Need a break? Take a quick walk around your office.
6. Use a speaker or mobile phone and pace during calls.
7. Walk or stand during meetings.
8. Exercise at your desk.

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