

Take Care of YOU

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Just Keep Moving

Simple ways to add more activity into your daily routine

- Set hourly reminders on your phone and start each hour with movement.
- Invite friends or coworkers on walk breaks.
- Park your car farther away from your destination.
- Skip the drive-thru.
- Take the stairs if it is an option for you.
- Exercise or stretch while watching TV.
- Unload your groceries in multiple trips.
- Even cleaning the house counts as physical activity!



Our bodies are designed to move. Moving offers an endless array of health benefits. Once you start moving, you'll notice increased energy, better circulation, and improved flexibility. Regular physical activity protects against health conditions like heart disease, stroke, type 2 diabetes, depression, and obesity. It has positive effects on brain health and mental well-being, strengthens bones and muscles, reduces joint pain, improves sleep, and enhances your long-term ability to perform everyday tasks.

On the flip side, prolonged periods of inactivity, such as sitting at a desk or lounging on the couch, have negative effects on our health. Studies show that, on average, we spend 7.7 hours each day inactive. Sitting for 20 minutes in any fixed position starts to inhibit metabolism. To combat this phenomenon which has been coined "Sitting Disease," it is recommended that we work toward standing or moving our bodies in some way for four hours a day, in addition to 30 minutes of moderate physical activity.

Achieving even these modest goals has become challenging in our modern society. As technology rapidly advances, and devices such as cars, TVs, computers, and smartphones do more of the heavy lifting, they chip away at our activity levels and we become increasingly sedentary.

The good news?

It is definitely possible to combat these challenges and create good moving habits, and you don't have to spend a fortune on fitness equipment or a gym membership to do it. In fact, you don't need to spend a single penny! Check out the sidebar for simple suggestions to start adding more physical activity into your daily routine. And last but not least, as you increase your physical activity, remember to hydrate your body adequately as well.