TO INCREASE YOUR ACTIVITY:

- Take the stairs instead of the elevator. Park your car at the far end of the street or parking lot.
- Have “walking meetings” with colleagues at work.
- Rearrange your home so you can stand upright or walk on a treadmill while watching TV or using the computer.
- Set an alarm on your computer to go off every hour and prompt you to move around for a minute or two.
- Try walking as if you’re already late for the bus or an important meeting.
- Have small weights in your office or around your home for doing arm exercises.

GET ACTIVE

How well your body functions affects your ability to accomplish your daily activities. Sedentary behavior—which usually means sitting or lying down while awake—has been linked to a shorter lifespan and a wide range of medical problems. Any time you get up and move, you’re improving your chances for good health.