The average American sits more than 7 hours a day.

Research shows that sitting damages our health.

Too much sitting can raise your risk for weight gain, type 2 diabetes and heart disease.

The more time you sit every day, the higher your risk of dying early.

Daily exercise is not enough to reverse the effects of too much sitting, but it helps!

Don’t just sit there! Get up and move at least every 90 minutes!

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. Go to someone’s office instead of sending an email.
9. Exercise at your desk.

Research sources: