

STAYING MORE ACTIVE THROUGHOUT THE DAY

A sedentary lifestyle can put you at increased risk for many diseases and injuries, including obesity, cancer, osteoporosis, and falls. Whether you are working from home or in the office, you can increase your activity by getting up from your desk to move every hour, taking the stairs, standing up when you talk on the phone, biking, or parking farther away from your destination. Try these suggestions or think of your own small ways to be more active every day.



BIKE INSTEAD OF DRIVE



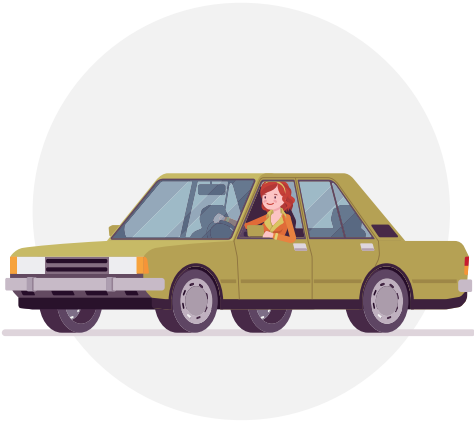
PLAN SMALL WALKS



TAKE WORK BREAKS



TAKE THE STAIRS



PARK FARTHER AWAY