10 tips to MOVE MORE at work

Sit less. Move More.

Being physically active everyday is one important aspect of a healthy lifestyle. Physical activity can add years to your life and life to your years. Add healthy movement to your everyday routine.

1. Stand up, move, or stretch at least 3 to 4 minutes every hour
2. Hold a walking meeting
3. Add steps to your day by parking further away
4. Walk to communicate instead of calling, texting, or emailing
5. Take a break to walk
6. Take the stairs instead of the elevator
7. Stand up when you are on the phone
8. While seated, move your feet by doing ankle circles or flexing them up and down to improve circulation
9. Do upper body stretches while reading emails or sitting
10. Set a daily goal and track your steps

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