



HCHS/SOL Newsletter

Sit Less, Move More!

The National Institutes of Health (NIH) defines physical activity as, “any movement of the body that uses energy and works your muscles”. Some examples of physical activity include, walking, running, practicing yoga, lifting weights or practicing a sport. However, even people who practice physical activity regularly may spend too much time being sedentary. Sedentary behavior refers to activities you do while sitting or lying down, for example, binge-watching television, working in front of a computer, playing video games, driving, and laying down for long hours. Too much sedentary time can increase the risks for chronic diseases and premature death.

For an active lifestyle that benefits your health

For optimal health, it is recommended that all adults should do at least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic physical activity per week, or at least 75-150 minutes of vigorous-intensity aerobic physical activity, or a combination of both, at least two days a week. Additionally, muscle-strengthening activities are also recommended for all age groups. Any amount of physical activity is better than none!



How to minimize sitting time and move more!

- ✓ Reduce screen time (for example, using a cellphone, tablet, or computer)
- ✓ Stand while checking your cellphone messages
- ✓ Take a break from watching TV to do some housework and walk around
- ✓ Stand during meetings or phone calls at work
- ✓ If you can, take the stairs instead of the elevator
- ✓ Take brief walks throughout the day or week
- ✓ Set a reminder to stand and stretch every 30 or 60 minutes
- ✓ Try activities that you enjoy and may motivate you

SOME BENEFITS OF INCREASING PHYSICAL ACTIVITY AND DECREASING SEDENTARY BEHAVIOR

EMOTIONAL

- 1 IMPROVED SLEEP
- 2 DECREASED ANXIETY, DEPRESSION, AND STRESS
- 3 IMPROVED MOOD AND SELF ESTEEM
- 4 INCREASED FEELING OF ENERGY

PHYSICAL

- 1 DECREASED RISK OF OBESITY
- 2 IMPROVED HEART HEALTH
- 3 DECREASED RISK OF DIABETES
- 4 IMPROVED BALANCE AND COORDINATION

Resources [site specific]

[Move Your Way activity planner](#)
[San Diego County Healthy Living fitness programs](#)
[Live Well San Diego](#)

NIH: [Health Benefits of Exercise and Physical Activity](#)

NCBI: [Sedentary Behaviors and Health Outcomes Among Young Adults: A Systematic Review of Longitudinal Studies](#)

CDC: [What You Can Do to Meet Physical Activity Recommendations | Physical Activity Basics | CDC](#)

WHO: [Every Step Counts – Updated WHO Guidelines on Physical Activity and Sedentary Behavior](#)

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