



# 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, bingewatching 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, musclestrengthening 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!

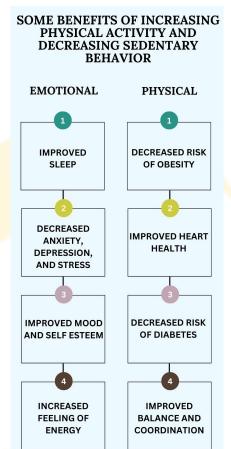
- Reduce screen time (for example, using a cellphone, tablet, or computer)
- Stand while checking your cellphone messages
- Take a break from watching TV to do some housework and walk around
- Stand during meetings or phone calls at work
- If you can, take the stairs instead of the elevator
- Take brief 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

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

Miami, Florida 1-305-243-1828 Bronx, New York 1-718-584-1563

Chicago, Illinois 1-312-355-5320 San Diego, California 1-619-205-1926



#### Resources [site specific]

**Move Your Way activity planner** San Diego County Healthy Living fitness programs Live Well San Diego