Your body craves movement. Even people with regular workout routines spend the majority of their day sitting. Here are tips to get more activity into your day.

- Take the stairs.
- Walk or bike to work and class.
- Park farther away in order to work more walking into your day.
- Instead of texting or using email, deliver your message in person.
- Use a restroom or water fountain on another floor—and take the stairs!
- Use an app or put alerts on your calendar to remind you to move often, ideally every 30 minutes.
- Find activities and work tasks, such as reading or talking on the phone, that can be done while standing or walking.
- Walk and talk. Next time you schedule a meeting or are catching up with a friend, do it while walking.
- Use your favorite TV shows as time to walk in place, stretch, or find other ways to be active. Alternate your activity with commercial times to get more variety.

Wellness.IllinoisState.edu

If you would like a copy of this publication for use in your department, contact Health Promotion and Wellness at (309) 438-WELL(9355), or print from our Toilet Talk archives at Wellness.IllinoisState.edu.