

# MOVE IT!

**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](http://Wellness.IllinoisState.edu).



**HEALTH PROMOTION  
AND WELLNESS**  
*Illinois State University*