

# Get up!!

More study is needed on the effects of sitting and physical activity on health. However, it seems clear that less sitting and more moving overall contribute to better health. You might start by simply standing rather than sitting when you have the chance or finding ways to walk while you work. For example:

- Take a break from sitting every 30 minutes.
- Stand while talking on the phone or watching television.
- If you work at a desk, try a standing desk — or improvise with a high table or counter.
- Walk with your colleagues for meetings rather than sitting in a conference room.

The impact of movement — even leisurely movement — can be profound. For starters, you'll burn more calories. This might lead to weight loss and increased energy. Also, physical activity helps maintain muscle tone, your ability to move and your mental well-being, especially as you age.

