

Top 10 Tips to Sit Less and Move More



Sitting less is better for your health

Breaking up sitting time with small, frequent periods of standing and moving will make you feel better. And it can improve your diabetes management, with no need for sweating, special clothing, or even a gym membership. Mini movement breaks, like the ones listed below, can help you maintain your blood sugar within your target range. These small changes will have a big impact on your health and well-being.

Try these easy tips to sit less today!

1 **Set a timer and take mini movement breaks.**

Start with 30 seconds every 10 minutes, or 3 minutes every 30 minutes to stand up, stretch, and walk around. Place the timer further away, so you have to get up and walk over to reset it.



2 **Find a Space to Pace.**

Stuck on hold? Stand up and pace around the room while you wait for your call to be connected.



3 **Take a Stand.**

When your phone rings, stand up to take the call.

4 **Do it the old way.**

Hit pause on the TV remote instead of binge-watching and get up for a break. Walk down the hall to speak to a colleague instead of messaging them.



5 **Post a reminder.**

Post sticky notes around your space reminding you to get up and move.



6 **Take the heel-toe express.**

Can you walk part of the way? Get off the bus one stop early. Park at the far end of the lot.



7 **Choose to use your body over technology.**

Walk instead of driving. Take the stairs instead of the elevator. Wash the dishes by hand.



8 **Recess!**

Take a break to play with children, pets, or other adults.

9 **Embrace inconvenience.**

At home or at work, move daily-use items (e.g., phone, pencils, stapler, remote) further away so you have to stand up to retrieve them.



10 **A Watched Pot Never Boils.**

Waiting for the microwave or kettle? Practice balancing on one leg and then the other.



For more information visit:

diabetes.ca or call 1-800-BANTING (226-8464)

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