



DON'T JUST SIT THERE

Sitting too much can cause many health problems. It can increase your risk of heart disease, diabetes, and obesity and even affect your mental health. Standing more each day can tone muscles, improve your posture, and increase blood flow. You also rev your metabolism because you burn up to 30 percent more calories when you stand.

But what if your job involves sitting at a computer? Here are four easy ways you can literally take steps to be less sedentary and improve your health:

1. Make it automatic. Find an app for your smartphone or computer that prompts you to get up and move around every 30 minutes.
2. Sit up straight. It's easy to slouch at your desk. To help maintain good posture, use a chair that has low back support.
3. Have mobile meetings. If you're only meeting with one person, suggest a walking meeting outside instead of heading to a conference room to sit even more. If that's not an option, explain to co-workers that you're going to take a "standing break" during the meeting.
4. Create routines. At home, make it a habit to take a quick 10-minute walk before or after dinner. When watching TV, get up during commercials. And when you're talking on the phone, always stand up.

IDEA Fitness Journal

If you are a UPMC Health Plan member, contact a free health coach to learn more about achieving your goals:

- Call 1-855-434-6037
- Visit <http://upmchp.us/ergo2>

UPMC HEALTH PLAN

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