MINDFUL MOVEMENT
YOU HAVE THE TIME

GET OFF YOUR SEAT.
Set reminders to stand up and move.

SCHEDULE IT IN.
Block off time in your day for physical activity - and stick to it!

TAKE A BREAK.
Use it to clear your mind and move your body.

STACK YOUR HABITS.
Pair movement with things you already do.

HOLD YOURSELF ACCOUNTABLE.
Commit and stay on track.