

# MINDFUL MOVEMENT

## SIT LESS AND MOVE MORE

Sitting is a big part of our day. We sit during our daily commute and when we eat our meals. Many of us spend most of the workday sitting, then we get home and sit on the couch as we scroll through our phones or watch TV. It all adds up!

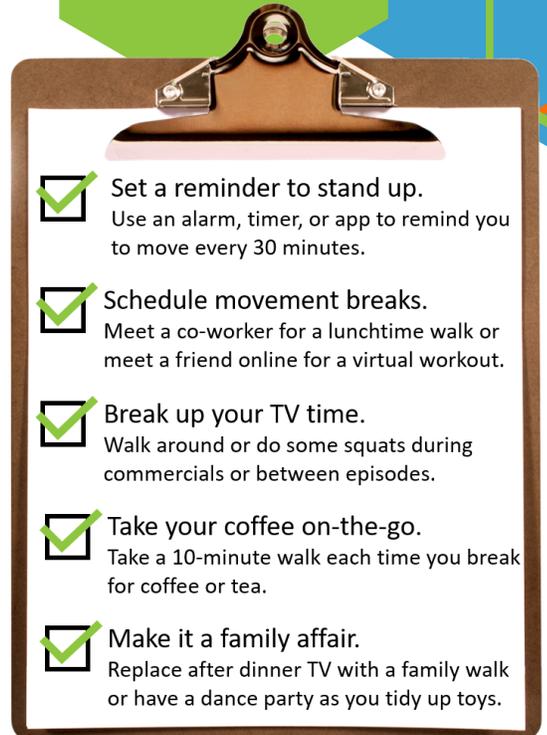
When it comes to moving more, the commitment starts with the one you make to yourself. Getting others involved can help you stay accountable and inspire them to move more too.

The more you move, the better you feel!

### Tips to break up sedentary time

Be aware of how much time you spend sitting and nudge yourself to get up and move. Look for opportunities to add movement to your day.

We've heard the usual suggestions – choose the stairs or find a parking spot far away from the building – and these are great options! But a little creativity can get us moving even more!



## Stretch It Out!



Yikes! Sitting or standing for long periods can take a toll on your body and mind. Studies have consistently verified that a sedentary lifestyle can contribute to obesity, diabetes, and cancer as well as many inflammatory conditions.

Stretching provides a mental break to help reduce stress. It also increases energy, improves balance and posture, and reduces muscle fatigue and soreness.

Do some simple stretches throughout the day to increase circulation and stay focused and productive. Below are a few to try. Hold each stretch for 10 seconds, then repeat on the opposite side if applicable.

### Lower Back

Stand upright with feet shoulder-width apart. Place hands on your hips and push hips forward. Keep head balanced over your ankles.



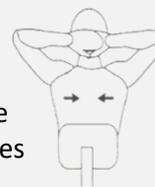
### Shoulders & Upper Back

Stand with feet shoulder-width apart and arms at your sides. Grasp hands in front of the chest. Turn palms upwards and push arms over the head.



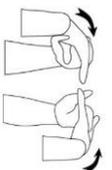
### Chest

Clasp hands tightly behind your neck. Push elbows backward, squeezing the shoulder blades together.



### Hands, Wrists & Forearms

Extend one arm and point the wrist down. Use the other hand to gently increase the stretch. Repeat with the wrist facing upward.



### Take your meetings on the road.

You've heard of walking meetings. Are they happening in your workplace? Take the lead and encourage your colleagues to join in. If you're booked for a phone meeting, put in your earbuds and grab your walking shoes. If you can't get away from the board room, stand up and stretch when appropriate. Invite co-workers on a walk during lunch, and hit the stairwell if the weather is bad.



### There is no shame in stretching at work.

There is no shame in stretching in the lunchroom. It's highly effective to warm up for the work at hand and to cool down after. Positions at work can breed imbalance in the body and cause discomfort. Do the work to counter the imbalance. Relief and strengthening can be attained in a matter of minutes.

### Using Social Media to your Advantage

Social media can be a time-waster. On the flip side, it can be a valuable tool to motivate and support you in creating a more active lifestyle.



Facebook groups can be a great source of support and a helpful reminder to stay on track. One study showed that people who actively engaged in a healthy weight support group experienced more success than their peers who did not. Start a workout group, invite your friends, and take your motivation to the next level.



Taking and posting pictures can be a great way to track progress and be accountable for habits. Research shows that posting a photo of a healthy meal to friends and getting positive feedback in return helps reinforce new dietary habits and ramp up motivation to eat better. Instagram can also be a great source for quick exercise demos and workout motivation.



A tweet can have power in keeping you accountable and helping you feel good about your success. Researchers found that when people who monitored their physical activity through a device also started tweeting about what they were doing, the amount of activity they did each day increased.



## THE KEY TO LIVING HEALTHIER IS STAYING ACTIVE

**Sources** <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/struggling-to-stay-motivated/art-20342130>  
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