

6 Ways to Get Up and Sit Less

It's unfortunate, but it's true. Sitting for long periods of time can be harmful to your health. Fortunately, there are easy ways to sit less while at work.

Consider the following six examples.



1

Set a reminder to get up and move or stand at least once an hour.

2

Take a walk at lunch.

3

Print documents at the printer farthest from your desk.

4

Park farther away from your building.

5

Take the stairs.

6

Try having a walking meeting whenever possible.

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