

TIPS FOR HOW YOU CAN **STEP UP STAND OUT!**

- ✓ Set a timer on your phone or calendar to get up periodically if you work at a desk all day. Use those times to walk, stretch, or move in any way possible.
- ✓ Take the stairs instead of the elevator. Your legs will thank you!
- ✓ Do something active when you're watching TV. Dance, fold clothes, and do some squats or lunges during the commercial breaks.
- ✓ Stand when you're talking on the phone or on a conference call.
- ✓ Take a walk with co-workers during your lunch break.
- ✓ Use a fitness tracker to keep track of your steps throughout the day and set goals to increase your steps.

The less sitting or lying down you do during the day, the better your chances are for living a healthy life.



Lifestyle Medicine is an evidence-based approach to preventing, treating, and reversing diseases by replacing unhealthy behaviors with positive ones. To learn more, go to bellin.org/lifestyle-medicine, call **920.433.6787**, or e-mail LifestyleMedicineTeam@bellin.org.



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Walk around every half hour, each day, if possible.

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Lifesaver Wellbeing Series