

Tired? Tense? Need a Break?

SIT FOR 60

MOVE FOR 3

A GREAT WAY TO GET ON THE MOVE

For every 60 minutes you spend sitting, take a physical activity break of at least 3 minutes!



In 3 Minutes You Can:

- » Walk down the hall and back
- » Stand up at your desk and stretch
- » Go up and down a few flights of stairs
- » Go outside and walk around the building



ON THE MOVE

For more information and to sign up for the 2017 *On the Move* Company Challenge visit:

 onthemove.welcoa.org