

When could I sit less?

Tick times when you think you could sit less



MORNING




















AFTERNOON



EVENING

Some ideas for sitting less

Circle things you could do to sit less this week

- | | |
|---|--|
| Go for a short walk  | Feed the birds  |
| Play a sport  | Walk around bus shelter  |
| Walk instead of taking car/bus  | Water the house plants  |
| Do something during TV adverts  | Visit a place of interest  |
| Stand to read  | Move between rooms  |
| Get on bus at a stop further away  | Join/attend a club or group  |
| Meet a friend  | Use the stairs  |
| Set a computer reminder to get up  | Do some housework watching TV  |
| Stand while on the phone  | Stand while kettle is boiling  |
| Do some gardening  | Switch on some music and dance  |

 My own idea for sitting less:

.....



Remember...

You only need to be on your feet for a few minutes to make a difference

- Sitting with friends
- Recharging your batteries
- Doing hobbies

Some sitting is good for you...



Feel good!



When am I sitting most?

Tick the time when you sit most



MORNING



AFTERNOON






EVENING

Breaking long spells of sitting throughout the day is good for your health and wellbeing - even if you're physically active



Try to get up every **20 minutes** morning, afternoon and evening

How can I sit less? Example: Go for a walk 	M	T	W	T	F	S	S
	1	<input checked="" type="checkbox"/>					
2							
3							
4							
5							
 For more ideas see: www.pathsforall.org.uk							
 Did I succeed in doing one each day? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> How many will I do each day next week? 1 2 3 4 5 (please circle one)							

Sit Less MOVE MORE

Feel good!



Try to get up every **20 minutes** morning, afternoon and evening

Why should I sit less?

- Stops you feeling stiff and sore
- Makes you more mentally alert
- Boosts your energy

Sitting less can help me...

- Do things more easily
- Stay healthy
- Keep my bones and muscles strong
- Stay independent



SITTING

- You only need to be on your feet for a few minutes to make a difference



STANDING



WHEN WATCHING TV

- Get up during the adverts
- Do some housework



AROUND THE HOUSE

- Move around when on the phone
- Stand to read
- Stand while the kettle is boiling
- Go out in the garden



GO OUT EVERYDAY

- Go for a short walk
- Meet a friend
- Play a sport
- Visit a place of interest



Find a balance between sitting and being on your feet