#### 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 1

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



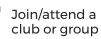
Stand to read



Move between rooms



Get on bus at a stop further away





Meet a friend



Use the stairs



Set a computer reminder to get up



Do some housework watching TV



Stand while on the phone



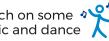
Stand while kettle is boiling



Do some gardening



Switch on some 🏄 music and dance





# Sitting with friends Recharging your

on your feet for

a difference

only need

For more ideas see: www.pathsforall.org.uk	U	4	W	2	-	Example: Go for a walk	How can I sit less?	
<ul> <li>Did I succeed in doing one each day? Y N N</li> <li>How many will I do each day next week? 1 2 3 4 5</li> <li>(please circle one)</li> </ul>						<	3	design by edencg.co.uk
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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



### 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

SITTING

- Keep my bones and muscles strong
- Stay independent



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





# 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











