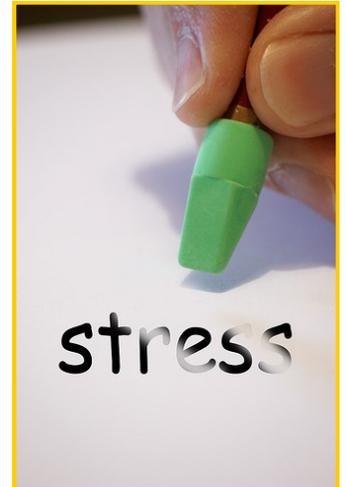


# Something's Gotta Give Stress Breaks

## Dangers of Sitting All Day:

*Sitting down, something we all do at least 8 hours a day, might be the worst thing we are doing for our health! We have known for awhile now that the health of our nation is at risk due to the lack of physical activity. And now with the help of a ton of new research we are seeing to what extent that means.*

- Scientists at the Pennington Biomedical Research Center in Louisiana analyzed the lifestyles of more than 17,000 men and women over about 13 years, and found that people who sit for most of the day are 54% more likely to die of heart attacks.
- Researchers at the American Cancer Society found that even if you exercise nearly every day, those health benefits can be undone if you spend the rest of your time on your keister.
- Bad for the Waistline: Scientists at the University of Missouri have found that the act of sitting seems to shut off the circulation of a fat-absorbing enzyme called lipase.

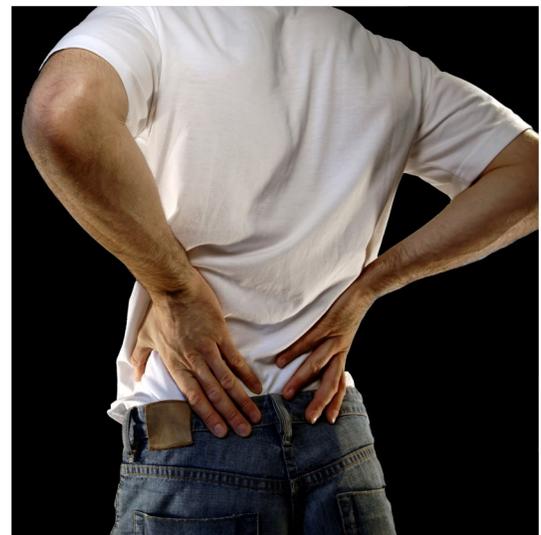


## Get up At Least Once Every 2-3 Hours

- Move for at least 5 minutes
- Shoot for 10
- Stand
- Move in place
- Do some stretching
- Do some exercises
- Set reminders in outlook

## Move Throughout Your Day

- Park farther away
- Stand up and move in place
- Walk to a coworkers desk rather than email
- Make your breaks active
- Stand up while on the phone
- Take a walking meeting
- Stretch at least 2x/ day
- Do some exercises



Next time you are stressed take a step back and give yourself a pause! Take a few seconds to laugh, breathe deeply (see next box), imagine a happy place, remember a happy moment, or any other quick activity that can remind you that there is nothing you can't handle! Be strong and stay positive!

## Breathe Deeply!

*Sitting all day can make it difficult to breathe deeply. Practice taking deep breaths several times throughout the day. Breathe deeply in through the nose and fill the belly, then exhale all of your air out before taking the next breath.*

**Tip:** Try focusing only on your breath for a couple of minutes and reap the benefits of meditation!