

# MOVEMENT TIPS

Try these movement tips to incorporate more physical activity easily throughout the day. Decreasing sedentary behavior is a key factor to preventing and reversing chronic disease. Ivira Health encourages you to move more!

## TAKE THE STAIRS



When presented with the option to take an elevator or escalator, aim to always choose the stairs (within reason). Stairs are a great way to gently increase your heart rate and make our leg muscles stronger while working our hip mobility.

## REMINDERS TO MOVE

Set a timer for every 30-60 minutes to remind you to move. Whether you are working at a desk, relaxing on the couch, or engaging in any other sedentary behavior, it is important that we take regular movement breaks in order to keep our muscles strong and joints mobile. Even if you simply stand and stretch, all movement is beneficial.



## GO FOR A WALK

This does not have to be an extravagant adventure-- while walking outside and going hiking is great, even a simple walking meeting with coworkers is a great way to get moving. Physical activity can also help to increase productivity and reduce brain fog.



## DESK STRETCHES



Stuck at work? Try these stretches at your desk to improve blood flow and get the body moving. Increased circulation and blood flow will keep our brains powered and focused.

## GET CREATIVE



Get creative. Physical activity and exercise is not one-size-fits-all and does not have to look the same for everyone. If you do not find joy in going to the gym, try anything else that increases the heart rate and get you moving. You can try home-workouts, yoga, dance-fitness, swimming, kickboxing, hiking, walking, biking, etc.

## PARK FAR AWAY

When grocery shopping, taking a trip to the mall, or even heading to work, try to park far away from the entrances to get a little bit more walking incorporated throughout the day. This is especially helpful if you are going to be sitting at your work desk all day.

