5 Tips to Move More

Sit Less, by Moving More
Move or stretch every 30 minutes

Do something that gets your heart rate up
All at once, or in 10 minute bouts. Start slow and easy.

Strengthening Exercises 2x/week
Exercise major muscle groups, choose the resistance that feels right for you, and try 8-12 repetitions

Stretching and Balance Exercises
Begin with 5-10 minutes per day and enjoy improved mobility and lower chance of falls

Gentle Relaxation Exercises
Deep Breathing and yoga exercises help sleep, mental health and wellness