

# GET

# *MOVING!*

## **Physical Activity Break Examples:**

- Go up and down a few flights of stairs
- Walk back and forth in a nearby hallway
- Go outside and walk around the office building
- Stand up and stretch!

***For every 60 minutes you spend sitting, get moving for 3 minutes!***



**Healthy Choices Count!**

Adapted from the 5-2-1-0 Let's Go!  
toolkit for workplaces (Maine Health)

[www.iowaHealthiestState.com/5210](http://www.iowaHealthiestState.com/5210)



# Don't just stand there.

# *TAKE THE STAIRS!*

**DID YOU KNOW:** Stair climbing is officially classified as a “vigorous exercise” and burns more calories/minute than jogging.



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# Don't just stand there.

## *TAKE THE STAIRS!*

**DID YOU KNOW:** For buildings with five floors or less, it's nearly always quicker to take the stairs. Studies show office workers save up to 15 minutes a day by taking the stairs.



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# Don't just stand there.

## *TAKE THE STAIRS!*

**DID YOU KNOW:** Stair climbing requires 8-9 times more energy expenditure than sitting and burns about 7 times more calories than taking the elevator. You also burn calories going down.



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