

Move More vs Sit Less Mindset

The concept of moving more is one people understand easily, since it is a simple addition. The idea is to simply add more movement throughout the day. The issue with this approach is that it will not scale. There comes a time you cannot simply move more. The proposed shift is the Sit Less Mindset. Instead of purposefully adding movement, we purposefully reduce sitting in work related tasks and thus movement is added seamlessly into our everyday life. This is a gradual process and is based on the idea that we cannot simply add more and more good things (moving more), but need to take away some of the bad (sitting less). This concept can be applied to any aspect of your life.

- Diet: more greens, less fast food.
- Sleep: more hours, less bright lights before bed.
- Work: more productive tasks, less inefficient tasks.

Here are some examples specific to the Move More and Sit Less mindsets. Each Move More point is countered with several Sit Less opportunities.

Move More Mindset	Sit Less Mindset
Go for a walk	Have a walking 1-on-1 meeting
	Pace during your phone calls
	Use public transit, walk, or bike to work
	Take the stairs
Take exercise breaks at your desk	Perform work tasks in standing
	Break up your sitting with moving tasks (getting water, going to the bathroom, grabbing printed material)
Do stretches in meetings	Have standing meetings
	Accept and allow nondisruptive fidgeting in meetings
Go to the gym at lunch	Adjust schedules to allow time for the gym before or after work for those individuals that commit to going. Consider reduced hours for those individuals since they will gain productivity from a healthier lifestyle.
	Exercise based team building activities during company time for those wanting to participate.