April 2017

Stay Active

Sit Less, Move More

80,000 The average number of hours an office worker will likely spend sitting during their lifetime.

The World Health Organization (WHO) indicates that physical inactivity is the fourth leading cause of premature death worldwide. Moderate amounts of moving more can improve the quality of your health.

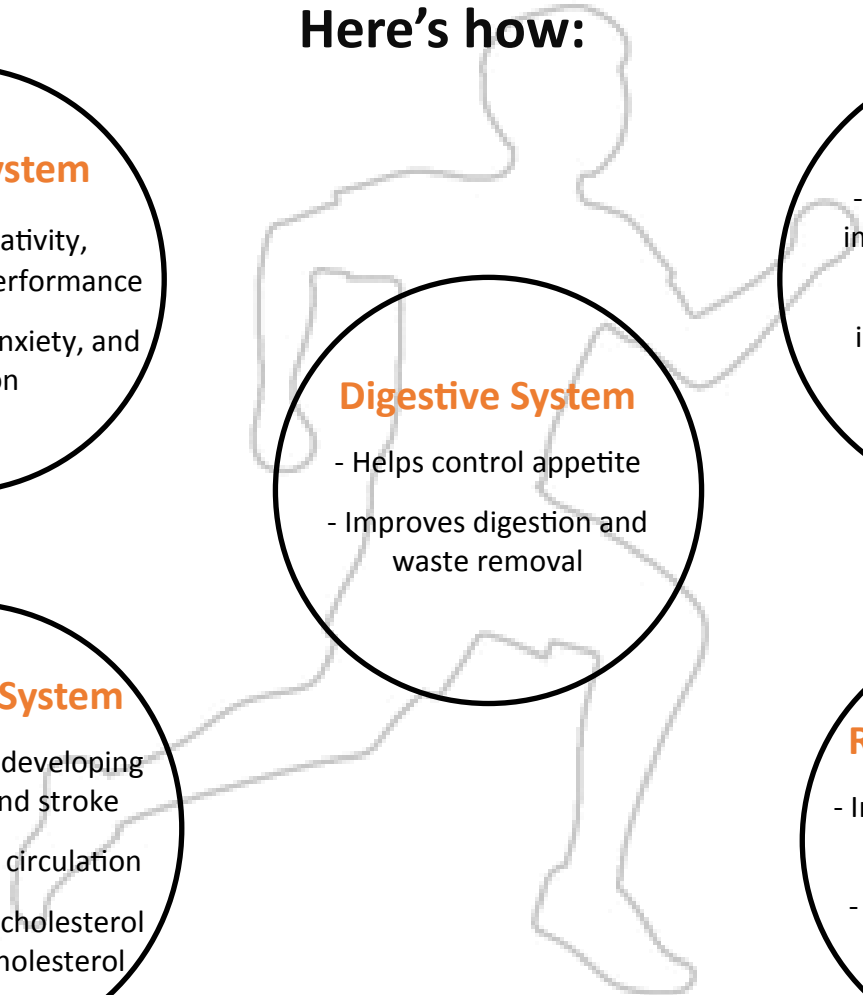
Here's how:

Nervous System

- Improves creativity, concentration & performance
- Reduces stress, anxiety, and frustration

Skeletal System

- Strengthens bones and improves muscle strength
- Reduces back pain by improving flexibility and posture
- Increased joint mobility



Digestive System

- Helps control appetite
- Improves digestion and waste removal

Circulatory System

- Reduced risk of developing heart disease and stroke
- Improves blood circulation
- Helps lower LDL cholesterol and raise HDL cholesterol

Respiratory System

- Improves the body's ability to use oxygen
- Improves heart-lung and muscle fitness

TRUST wellness

Sources: ASCM; Eat Smart Move More