Stand Up for Your Health

You’re probably sitting down as you read this, right? It’s understandable. The reality of our world is that most of our time is spent in front of a computer or a TV, with our glutes firmly planted. But research is shedding light on the dangers of so much sitting. Not getting your move on can make you susceptible to heart disease, diabetes and even breast and colon cancers. So it’s time to stand up for your health and start moving. For a referral to a physician on the medical staff at a Baylor Health Care System medical center who can help you develop an exercise program, call 1.800.4BAYLOR or visit FindDrRight.com.

Calories burned per hour of...
- Sitting: 81
- Standing: 94
- Walking: 297
*Calculated for a 155-pound person.

Recommended amount of physical activity
- Ages 5–17: 60 minutes/day
- Ages 18 and up: 150 minutes/week

The Dangers of Inactivity
- High blood pressure
- Heart disease
- Certain cancers
- Diabetes
- Depression

Move It!
Between answering email and making calls, it can be tough to get up from your desk. Try these tips:
- Drink more water. Not only is it good for you, but more trips to the bathroom equal more steps.
- Put eight sticky notes on your computer each day, and take one off every time you get up from your desk.
- Do calf raises as you wait for the printer or fax machine to finish.
- Take a lap around the office every morning and every afternoon.

Ready to Get Moving? Let Us Help
To counteract the effects of too much sitting, work more activity into your day. Talk to your doctor before starting a workout routine. For a referral to a physician on the medical staff at a Baylor Health Care System medical center, call 1.800.4BAYLOR or visit FindDrRight.com.