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| Don’t be an “active couch potato”  An active couch potato refers to someone who is inactive for the majority of the day, even though they get in 30 minutes of exercise on most days. Active couch potatoes spend most their time sitting during work (and commuting to and from work), leisure time and while eating meals. They’re almost completely physically inactive throughout the day, with the exception of their daily exercise. Include movement such as:   * Use a standing desk at work and alternate between sitting and standing throughout the day * Set reminders on your phone to move around regularly * Go for a 15-minute walk on your lunch break * When safe, park your car further away from the store or work to get in some extra steps   Our bodies need a combination of physical activity, purposeful exercise and proper rest. Too much or too little of any of these areas can lead to risks to our health and well-being.  If you’re new to exercising, ask your Everside Health provider for guidance on what forms of exercise are right for you. | |
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