

## Mayo Clinic Minute

### Get Moving at Work

Video	Audio
	A couple of spare boards lying around...
	Put this on in about five minutes...
	Whether homemade or high tech,
	<i>desk being raised</i>
	a correctly-designed standing workstation is a great way to honor this human truth.
	We're built for motion, we're built for movement.
	Problem is, our modern conveniences make it easy to stay put, and that has health consequences.
<b>SITTING DANGERS</b> Obesity Diabetes High Blood Pressure Heart Disease	Sitting dangers include the risk for obesity, diabetes, high blood pressure and heart disease.
<b>Title:</b> Nolan Peterson Wellness Exercise Specialist Mayo Clinic Healthy Living Program	They are even finding connections now with too much sitting and depression risk.
	<i>treadmill</i>
	You could get moving on a cool, new treadmill workstation.
	Some people will swap out their traditional desk for a sit-stand desk.
	But, if you're not ready to ditch your desk chair, ask yourself:
	How can I make my day a little more inconvenient? It sounds backwards, but that's how we find ways to get movement back into our day.
	Lose the trash and recycle bins at your desk, and walk to the ones in the copy room.
	<i>phone ring</i>
<b>JEFF OLSEN</b> <b>MAYO CLINIC MINUTE</b> Mayo Clinic News Network	Stand up whenever your phone rings, and stay on your feet while you're on the calls.
	Or simply set an alarm
	<i>phone alarm</i>
	to remind yourself to get up and go.
	The more movement, the better.

	<b>Be moving around for about ten minutes an hour,</b>
	<i>treadmill</i>
.	<b>and you'll be on the path to a healthier work life.</b>
<b>Graphic</b>	<b>For the Mayo Clinic News Network, I'm Jeff Olsen.</b>