

Mayo Clinic Minute

Move more at work

Video	Audio
Vivien Williams	The average worker sits from 10 to 15 hours per day.
Dani Johnson Physical therapy Mayo Clinic	“We sit all the time.”
Vivien Williams	At work, in the car and then on the couch. Physical therapist Dani Johnson says too much sitting increases your risk of many conditions, including obesity, heart disease, diabetes and even joint pain. She says people need to move more at work.
Dani Johnson	“I think that getting up and moving around is one of the best things that you can do.”
Vivien Williams	How can you fit more movement into your workday? Easy. Johnson says do chair squats, try pushups against your desk, stand and balance on one leg, hold walking meetings and take the stairs. One at a time, two at a time, or jump with both legs.
Dani Johnson	“It’ll help wake you up a little bit, and studies have shown that just a little bit of activity really makes you much more productive.”
Vivien Williams	Five to 10 minutes throughout the day can add up to better health. For the Mayo Clinic News Network, I’m Vivien Williams.