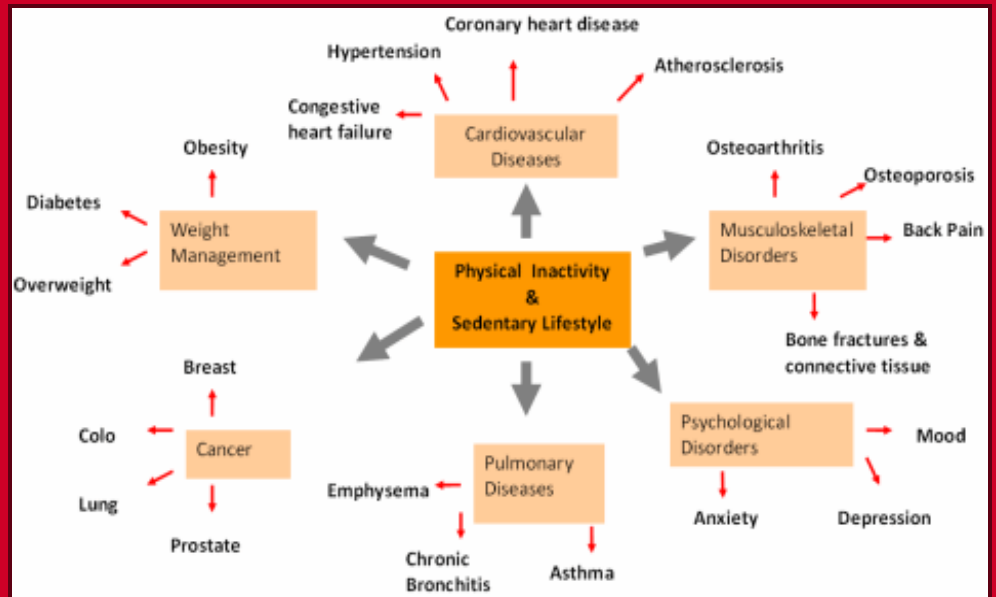


# Belly Be Gone

## Week 5) Inactivity

Check this chart to see what kind of effect a sedentary lifestyle can have on your body.



## Activity: Increase your activity level!

- Instead of phoning a co-worker, go down the hall to see them.
- Pick the farthest spot in the parking lot.
- Deliver something in person instead of sending it by email/interoffice mail.
- Take the stairs
- Never sit in one place for more than an hour.
- Walk with co-workers around the parking lot at lunchtime.
- See how fast you can clean your house. Dance with your kids.
- Ditch the riding mower for a push mower.

**Just doing something simple can really add up. *Seek ways to be active!***

## Benefits of increasing activity level:

- More efficient heart and lungs
- Stronger muscles, bones and joints that move well
- Greater flexibility
- Aids in the prevention of musculoskeletal disorders like: back pain, osteoarthritis, bone fractures and connective tissue tears
- Enables you to relax and sleep well
- Helps in the management of stress and anxiety