What can I do to reduce my sitting time?

Step 1: **Identify when you are sitting the most.**	**Step 2:** **Pick 2-3 strategies to reduce sitting time**	**Step 3:** **Test it out and try new ones.**
Work: Do you sit mostly at work?	1. Set an alarm/reminder to take a walk or standing break every 30-60 minutes 2. Stand while working on tasks at your workstation (maybe try a standing desk if available) 3. Try having standing/walking meetings 4. Pace around your workstation when you are on the phone or doing other similar tasks 5. Walk to a further bathroom or a place to eat	What worked? What didn't? What could you do differently? What else might work?
Home: Do you sit mostly at home? What are you doing while you sit?	1. Get up and move during commercial breaks or breaks between episodes if watching TV 2. Try replacing some TV time with exercise or other hobbies that get you up and moving 3. Stand or pace instead of sitting while doing the same thing (standing while watching TV for example) 4. Like at work, use alarms and reminders to get up and move each 30-60 minutes. 5. Go for a walk-and-talk with a friend, significant other, family, or some one you know.	What worked? What didn't? What could you do differently? What else might work?
Other: Are there other times or places that you sit a lot?	1. Consider taking a walk or pacing while you wait 2. Get up and stand – use reminders/alarms or use cues in the environment (such as standing every time a car drives by a waiting room) 3. For transportation, use active transportation (biking, walking) or even breaking up the trip with a quick walk 4. Look for opportunities to be on your feet instead of your butt (standing during sporting events, walking in a store instead of waiting in the car) 5. **Listen to your body. If the butt is sore, then it's time to stand and stretch.**	What worked? What didn't? What could you do differently? What else might work? Did you see other opportunities to get on your feet and off your butt?