Health Tip of the Month

Activate Your Leisure Time

Is Your Leisure Time Too Sedentary?
How much time have you spent in your chair or on the couch today?
Research shows that prolonged sitting slows down your metabolism rate and you burn less calories.
Don’t just watch TV, become more active during your leisure time. Break that sedentary sitting habit.

Thinking about adopting a healthier lifestyle?
Try something simple this year. Stand Up and Move Around!

Give Your Chair a Break!

Too Much Screen Time?
• Get off the couch every 15 minutes to stretch your body or simply stand up.
• During the TV commercials, get up to get yourself some water or fruit.

Activate the Screen and Your Body.
• Put on a sports video game or a Yoga Aerobics DVD and get your physical activity during your screen time.

Turn On the Radio and Burn Some Calories.
• Instead of TV, turn on your favorite music, dance and get your house chores done at the same time! (vacuum...and dance)

Be Up and Out.
• Take a walk outdoors to get some sun or moonlight and fresh air whenever possible.

Worksite Wellness Initiative: brought to you by Ting Deng, Dietetic Intern
CUNY Queens College 17: 3/12
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