

# 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.

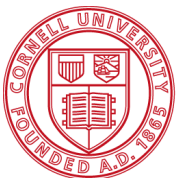
- Put on a sports video game or a Yoga Aerobics DVD and get your **physical activity** during your screen time.

#### 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.



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Worksite Wellness Initiative: brought to you by Ting Deng, Dietetic Intern  
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