

# GET OUT OF YOUR SEAT

There are lots of things you can do to keep your body healthy. Eat nutritious foods like fruits and vegetables, get exercise, and see your doctor as needed for checkups. But the American Cancer Society says there's something else we need to do: don't sit so much.

A large study showed that women who sat for more than six hours per day had a higher risk of cancer than those who sat for three hours or less.



In addition, studies have found links between sitting for long periods and dying younger, the ACS says.

But what if you have to sit for your job? There are some ways you can reduce your sitting time:

- Stand during conference calls.
- Take a quick standing or walking break every hour if you can.
- Park farther away from the building.
- Walk during your lunch break.

Remember, every little bit helps. A few minutes of walking here and there can add up to big health benefits.