Stand Up, Sit Less & Move More
(At Home Edition)

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First things, first…..Stand Up!

- You don’t have to answer in the chat but is this the first time you have gotten up since you started working today?

- Do you feel like you move more or less during the day than when in the office?

- Does anyone have anything they are already doing right now to intentionally get up and moving throughout the day?
A Look into Why

- 1 in 4 Americans sits > 8 hours/day (CDC)
- Wide range of health issues
  - Heart problems (increases risk by up to 147%)
  - Diabetes (increases risk up to 112%)
  - Certain cancers (can increase risk by up to 66%)
  - More likely to die early (increases death rate by 71%)
- US ranks 143 of 168 in physical activity
- Women more likely to be inactive
How?

- Move every 30 minutes
  - Sit 20
  - Stand 8
  - Move around 2

- + your 150 minutes of physical activity minimum
  - Get creative
  - On demand/live classes
  - Get outside
  - Don’t forget to social distance
Start where you are with what you have. Do what you can.

- No space is too small
- No equipment needed
- The internet can be your friend (be mindful of the source)
- On-demand fitness has never been more relevant
- Stand Up Apps
Make it work with what you have

- Stand for Zoom calls
- Walk during calls (no note taking)
- Add in some home chores throughout the day
- Take a 5-10 minute stretch break
- Get up and play with your kids
- No weights? No problem!
  - Soup cans
  - Backpack/ books
  - Laundry detergent bottles
  - Water bottles/jugs
  - Bag dog food
  - Full grocery bags
  - Paint cans

- What other ideas do you have?
For the Kiddos

- Obstacle courses
- Relay races
- Simon says
- Cosmic Yoga
- Dragon Hunt
- Songs that direct movement
  - Freeze dances
  - Cocomelon Stretch & Exercise
  - Walking in the Jungle
- Scavenger Hunts
- Red light, green light
- Hockey with brooms & balloons
- Wiggle or brain break cards
- Twister
Need some motivation? Rec Sports is here for YOU!

- Choose to Move – Join our Movement TODAY!
- Workouts of the Week
- Live Zoom Group Exercise Classes
- On-Demand Group Exercise Classes
- Family Activities

https://recsports.unt.edu/programs/fitness/keepmoving
“Physical Fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity”

– John F. Kennedy
Thank you for your time!

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