

## More Great Reasons to MOVE IT



Sitting is the New Junk Food. Sedentary and sitting behavior in office workplaces is a risk factor for cardio-metabolic disease, type 2 diabetes, obesity, coronary artery disease and musculoskeletal disorders.<sup>1</sup> Mini-Moving Breaks Have Benefits. Breaks have many benefits: a moving break can increase productivity and creativity and can help prevent "decision fatigue," disease, diabetes, depression and obesity.<sup>2</sup> Walking Burns Calories. A brisk walk for a 185-lb. person can burn around 159 calories every 30 minutes, or about 318 calories per hour.<sup>3</sup> That's about one slice of pizza!



Nature Heals. Research shows a link between exposure to nature and stress reduction. Stress is relieved within minutes as measured by a decrease in muscle tension, blood pressure, and increase in brain activity. Time in green spaces significantly reduces cortisol levels, the stress hormone. Nature also boosts endorphin and dopamine, which promote happiness. A two-hour walk in the woods is enough to improve sleep quality and help relieve sleep problems. Regular use of natural areas for physical activity can reduce the risk of mental health problems by 50%.<sup>4</sup>



<sup>1</sup><https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5618737/>

<sup>2</sup><https://www.psychologytoday.com/us/blog/changepower/201704/how-do-work-breaks-help-your-brain-5-surprising-answers>

<sup>3</sup><https://www.health.harvard.edu/diet-and-weight-loss/calories-burned-in-30-minutes-of-leisure-and-routine-activities>

<sup>4</sup><https://www.ontarioparks.com/parksblog/mental-health-benefits-outdoors/>