



Sit for 60 *Move for 3*

All meetings lasting more than 60 minutes will include a physical activity break of at least 3 minutes for every hour of sitting time. (This applies to office sitting too!)

EXAMPLES OF MOVE FOR 3 PHYSICAL ACTIVITY BREAKS

- Go up and down a few flights of stairs
- Walk back and forth in a nearby hallway
- Go outside and walk around the building
- Stand up and stretch
- Participate in a 'Led Movement Break' at the meeting table

To ensure the physical activity guideline is put into action, designate one person at the beginning of meetings to be responsible for announcing the time for a physical activity break, just as you would designate a meeting facilitator or record keeper.