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### Tips to sit less & move more

Build at least 10 minutes standing and walking time into every hour of the day

If you have to sit get up to stretch and move every 20 minutes

Park in the furthest parking space wherever you are going and have a short walk to your destination

Get off the bus or the train a stop earlier and walk the last mile

Stand & walk around when you are on the phone

Take a 30 minute walk each day whatever the weather!

Walk fast enough that you feel slightly out of breath

Plan to fill your evenings with activities rather than the TV or computer.

# Working Towards Wellbeing

## Sit Less Move More

People who have had cancer treatment frequently find that they are spending many more hours a day sitting or resting than they used to. Spending hours on end in a chair or resting is not good for your health. There's now some evidence that being active at the recommended levels of 150 minutes a week and maintaining a healthy weight may reduce the risk of some cancers progressing or coming back. This research is relatively new, and there is a need for more evidence before we can say that this is conclusive.

Sitting or resting all day has been shown to have adverse effects on:

- ◆ the quality of your sleep
- ◆ the type and amount of fat laid down in body tissues
- ◆ your blood circulation, which becomes more sluggish,
- ◆ your memory, as the hippocampus (memory centre) in the brain relies on activity to regenerate its cells to keep it working well

The key is to start with low-impact movements that get your metabolism humming and your circulation flowing. Activities such as cooking, shopping, gardening or visiting friends or colleagues in the office instead of sending emails do the trick. The key is to move around as often as you can. Your first focus should be on reducing overall sedentary time.

Secondly, think about starting an exercise programme. There is a

**Macmillan Get Active Feel Good DVD** you can pick up free from Boots. It has a warm up and 3 work outs; easy moderate and hard, to suit how you are feeling and your current fitness. It contains lots of good tips about starting an exercise programme. There are also some excellent activity guides available on the internet that give tips on how to start get fitter. Go to [www.nhs.uk/livewell/getting-started-guides/](http://www.nhs.uk/livewell/getting-started-guides/)

