



Well Powered Living 2.0

Movement

Sedentary Behavior

- Sedentary behavior is being physically inactive for long periods
- A person can meet the physical activity guidelines and still be sedentary if they spend a large amount of time lying down or sitting
- Examples: sitting at work, lying down while watching television or playing games, sitting while driving or traveling, lying down to read or sitting while studying
- Sleep does not count as sedentary behavior
- Sedentary behavior is associated with poorer health outcomes, including an increased risk of type 2 diabetes, some cancers, cardiovascular disease, obesity and early death
- Notes: _____

Influences on sedentary behavior

Fill in examples of influences on your sedentary behavior

Cultural Influence	
Environmental Influence	
Interpersonal influence	



Intrapersonal Influence	
Policy-related influence	

Recommendations:

- Incorporate stretching or small movements every 30-45 minutes and large movements every 90-120 minutes
- Movement should be 5-15 minutes at a time and low/moderate intensity
- Any movement is better than nothing
- Avoid going over 2 hours without moving

Write down 3 things you can do to decrease sedentary behavior

Movement Ritual:
