



Canadian  
Cancer  
Society

## More more, sit less

*Be less sedentary and move more throughout the day*

Working out in a gym or playing a sport is great, but being active is about so much more than that. Think of it as how you can use your muscles more in your everyday life. If you drive to work, sit at a desk all day and use all the conveniences of modern life, you probably need to move more.

Making the time to be active with our busy lives can be challenging, but start with 10 minutes and try to build up to at least half an hour of activity a day. Some activity is better than none. And if you spend a lot of time sitting, set reminders to stand up and stretch.

When you think of your day in these terms, it's easier to get active – it doesn't have to be expensive or inconvenient. And regular physical activity can help control weight, boost your mood and improve sleep too!