

MOVE MORE, SIT LESS

Beware of the chair



2021 CALENDAR

Limit your sitting time!

Go outside for
a lunchtime walk

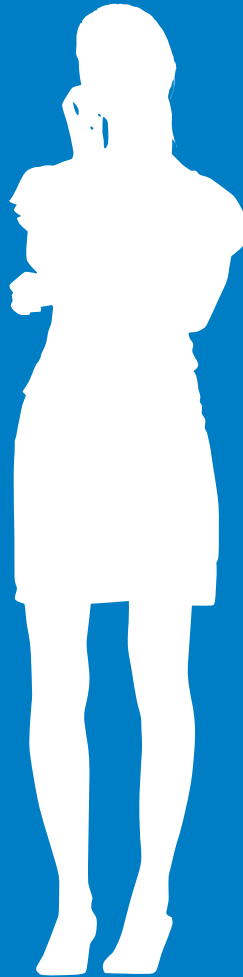


JANUARY

Mon	Tues	Wed	Thur	Fri	Sat	Sun
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Break up 'Zoom fatigue'

Stand while on
zoom meetings or
on the phone!



FEBRUARY

Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Are you feeling sluggish today?

Get outside and try a mile a day!



MARCH

Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Move more, Sit less!

Stand up every hour!

APRIL

Mon	Tues	Wed	Thur	Fri	Sat	Sun
29	30	31	1	2	3	4
Mon	Tues	Wed	Thur	Fri	Sat	Sun
5	6	7	8	9	10	11
Mon	Tues	Wed	Thur	Fri	Sat	Sun
12	13	14	15	16	17	18
Mon	Tues	Wed	Thur	Fri	Sat	Sun
19	20	21	22	23	24	25
Mon	Tues	Wed	Thur	Fri		
26	27	28	29	30		

Its walking month!

Walk this May, try a mile a day!

Its free, easy to add
into your day and can
improve your mood

MAY

Mon	Tues	Wed	Thur	Fri	Sat	Sun
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
Mon						
31						



Move more!

Try 10 sit to stands
each day

JUNE

Mon	Tues	Wed	Thur	Fri	Sat	Sun
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



Get up and move!

Try a walking meeting

JULY

Mon	Tues	Wed	Thur	Fri	Sat	Sun
29	30	31	1	2	3	4
Mon	Tues	Wed	Thur	Fri	Sat	Sun
5	6	7	8	9	10	11
Mon	Tues	Wed	Thur	Fri	Sat	Sun
12	13	14	15	16	17	18
Mon	Tues	Wed	Thur	Fri	Sat	Sun
19	20	21	22	23	24	25
Mon	Tues	Wed	Thur	Fri	Sat	Sun
26	27	28	29	30	31	



Move it or lose it!

Take regular breaks from the screen

AUGUST

Mon	Tues	Wed	Thur	Fri	Sat	Sun
26	27	28	29	30	31	1
Mon	Tues	Wed	Thur	Fri	Sat	Sun
2	3	4	5	6	7	8
Mon	Tues	Wed	Thur	Fri	Sat	Sun
9	10	11	12	13	14	15
Mon	Tues	Wed	Thur	Fri	Sat	Sun
16	17	18	19	20	21	22
Mon	Tues	Wed	Thur	Fri	Sat	Sun
23	24	25	26	27	28	29
Mon	Tues					
30	31					



Are you feeling sluggish?

Walking outdoors can improve your mood!

SEPTEMBER

Mon	Tues	Wed	Thur	Fri	Sat	Sun
30	31	1	2	3	4	5

Mon	Tues	Wed	Thur	Fri	Sat	Sun
6	7	8	9	10	11	12

Mon	Tues	Wed	Thur	Fri	Sat	Sun
13	14	15	16	17	18	19

Mon	Tues	Wed	Thur	Fri	Sat	Sun
20	21	22	23	24	25	26

Mon	Tues	Wed	Thur
27	28	29	30



Keep moving in the office!

Rather than emailing a query to a colleague, walk over and have a chat!

OCTOBER

Mon	Tues	Wed	Thur	Fri	Sat	Sun
28	29	30	31	1	2	3
Mon	Tues	Wed	Thur	Fri	Sat	Sun
4	5	6	7	8	9	10
Mon	Tues	Wed	Thur	Fri	Sat	Sun
11	12	13	14	15	16	17
Mon	Tues	Wed	Thur	Fri	Sat	Sun
18	19	20	21	22	23	24
Mon	Tues	Wed	Thur	Fri	Sat	Sun
25	26	27	28	29	30	31

Move more!

Regular walking
can help you
feel better

NOVEMBER

Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



Get up and move!

Walk more this winter!!

DECEMBER

Mon	Tues	Wed	Thur	Fri	Sat	Sun
30	31	1	2	3	4	5
Mon	Tues	Wed	Thur	Fri	Sat	Sun
6	7	8	9	10	11	12
Mon	Tues	Wed	Thur	Fri	Sat	Sun
13	14	15	16	17	18	19
Mon	Tues	Wed	Thur	Fri	Sat	Sun
20	21	22	23	24	25	26
Mon	Tues	Wed	Thur	Fri	Sat	Sun
27	28	29	30	31		