



# *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.