

# MOVE MORE – SIT LESS

Sitting for more than 7-8 hours a day at home or in the office, can decrease muscle strength, and increase the risk of diabetes and blood clots over time. Reduced sitting time has benefits even for those who are physically active.

## Moving more

- Helps lower blood sugar levels for people with diabetes
- Helps boost circulation and muscle strength
- Reduces stress and improves mental health
- Improves quality of life



## Interrupt sitting every 30 to 60 minutes



Produced by the IHS Division of Diabetes Treatment and Prevention  
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