Increasing physical activity and reducing sedentary time can help you.

What you can do now to put your best foot forward.

- Improve blood pressure and diabetes levels
- Reduce risk of developing blood pressure and diabetes
- Sharpen mental clarity
- Improve sleep patterns
- Lower cholesterol levels
- Control weight and reduce body fat
- Increase self-esteem
- Get up to stretch and move around after each hour of sitting
- Develop a support system of friends and family that you can rely on for encouragement
- Get your loved ones moving together, and include your family pet!
- Encourage your co-workers to go outside and hold “walking meetings”
- Use stairs instead of an elevator
- Choose parking spots further from the entrance
- Minimize time in front of TV and computer screens
- Track your physical activity to stay motivated!

Sticking with one small change at a time for 4-6 weeks helps it become part of your daily routine. Improving your health with small steps can be easier than you might imagine.

This infographic is based on research conducted within RAND Health and documented in the *Effects of Constrained Choices and Social Policies* (Cambridge University Press, 2008) by Chloe E. Bird and Patricia P. Rieker. RAND is nonprofit, nonpartisan, and committed to the public interest. RAND’s publications do not necessarily reflect the opinions of its research clients and sponsors.
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