HOW TO SQUEEZE IN **MOVEMENT**
WHILE WORKING FROM HOME

Here are 5 tips to make movement part of your home routine

**Set a Movement Alarm**
Whether it’s to grab a snack, do jumping jacks, or stand up and stretch, assigning time for movement helps you stay accountable.

**Stand and Chat**
Avoid back pain from constant sitting by taking your phone calls while standing. Bonus points: incorporate calf raises for an added stretch.

**Walk for Water**
Walk to fill your cup every hour for extra steps and hydration. This will provide your body with oxygen, cushion your joints, and keep you moving.

**Breathe In, Breathe Out**
Meditation is movement. Breathe in for 4 seconds, then breathe out for 4 seconds. Repeat this 3 times for a quick body and mind refresh.

**Take a Dance Break!**
Get creative with your movement. Make a virtual date with a coworker for a dance break. Pick a song and have some fun!

To learn more call (855) 902-2777, or apply at: HINGEHEALTH.COM/UTHEALTH