

A study published in *Medicine & Science in Sports & Exercise* found that adults between the ages of 20 to 75 are sedentary for an average of 9.5 hours per day (Matthews, Carlson, et. al, 2021). Unfortunately, a daily trip to the gym can't undo the effects sitting for an entire day has on your body. To keep your body functioning properly, you need to move your body in a variety of ways. Consider the following examples:

- **Break up long periods of sitting** (an hour or more) by walking or stretching.
- **Plan physical movement** to achieve at least 30 minutes each day by scheduling a morning walk, a HIIT lunch break, or an evening session.
- **Implement Movement Meetings** whenever possible. This is ideal for 1:1's.
- **Stand, stretch, or move during tasks** or reading emails.
- **Practice Active Zooming:** Move during Zoom/audio-only calls.
- If you have a work cell phone, use it to **walk around campus** or your neighborhood during a conference call.
- **Use the stairs**, when able, instead of the elevator.
- **Set a reminder** on your phone or computer to stretch and move.
- **Walk to meetings** across campus.
- **Break your workouts** into mini-sessions throughout the day.
- **Stretch your shoulders**, neck, back, and arms every hour throughout the day to overcome tightness from typing on a computer all day.
- **Find a fitness buddy** for more accountability and fun.





- **De-stress with a mindful movement** like yoga or Pilates to breathe through controlled movement that calms and strengthens the body.
- Refer to **online resources** to supplement in-person workouts.
- **Use alternative transportation** to and from work and around your neighborhood. Be mindful of safety precautions and guidelines.
- **Walk around your neighborhood** while listening to a podcast or catch up on your favorite show on a treadmill, bike, or elliptical.
- **Enjoy the great outdoors** with a hike. If you're local to Southern California, check out nearby nature areas such as [Lake Hollywood Reservoir Loop](#), [Runyon Canyon](#), [Elysian Park Loop](#), and [Carbon Canyon](#).
- Join the [USC Recreation Center](#) and take advantage of **classes, personal training, and programs** to be active. Enjoy lap swimming at the Lyon Center pool or use your [Fitness Incentive](#) to join one of the USC gyms on campus (Lyon Center, USC Village, and/or Health Sciences Campus).

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To access the full article, please visit: Matthews, Charles E., Carlson, Susan A., et. al, Sedentary Behavior in U.S. Adults: Fall 2019. *Medicine & Science in Sports & Exercise*, 53(12), Dec. 2021, 2512-2519, doi:10.1249/MSS.0000000000002751.

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We hope you find these tips and resources helpful. The USC WorkWell Center is committed to the health and well-being of the USC campus community. Please visit the [USC WorkWell Center website](#). Questions? Reach out to Julie Chobdee, MPH, Assistant Director, Health & Well-being Programs, at [Jchobdee@usc.edu](mailto:Jchobdee@usc.edu).