



The Sitting-Break Movement Menu™

Choose a brief movement break to help your body change position after sitting for a while.



You do not need a full workout. Standing, walking or moving a few joints can break up a long stretch of stillness.

Stay Seated

When standing is not practical



Roll your shoulders slowly.



Turn your head gently from side to side.



Extend one leg, then switch.



Lift and lower your heels and toes.



Reach one arm upward, then switch.

Stand & Reset

Use a desk, counter or chair for support



Stand tall and shift your weight.



Complete 5 chair sit-to-stands.



Raise and lower your heels.



Step one foot back and open the front of the hip.



Reach your arms forward, upward and out.

Walk a Little

When you have room to move



Walk to another room.



Take a lap around your workspace.



Walk while making a phone call.



Use the stairs if appropriate.



Step outside for fresh air.

Choose by How Much Time You Have



30 Seconds

Stand, stretch tall or move your ankles.



2 Minutes

Walk briefly or choose two movements.



5 Minutes

Take a short walk and change direction or pace.

Helpful Times to Take a Sitting Break



After a meeting



Between television episodes



When finishing an email task



Before or after a meal



During a phone call



Whenever stiffness begins

Set Up a Helpful Reminder



- ☐ Use a timer or calendar prompt.
- ☐ Keep water in a smaller cup.
- ☐ Place a note near your screen.



Make the Break Easier

- ☐ Keep the floor clear.
- ☐ Use stable support.
- ☐ Choose movements that fit your clothing and space.

Morning ☐ ☐

Midday ☐ ☐

Afternoon ☐ ☐

Evening ☐ ☐

Movement I liked best: _____



Gentle Reminder

A sitting break is an invitation to change position, not another rule you have to follow perfectly.



Martine's Midlife Wellness Tip

Link your movement break to something you already do, such as refilling your drink or ending a phone call.



When to Ask for Guidance

Seek guidance for new leg swelling, chest pain, sudden shortness of breath, faintness, new weakness or persistent numbness.

