



## Proven Effective

Developed and researched at the University of Wisconsin-Madison, participants who completed the Stand Up program decreased their sitting time by **68 minutes per day!**

### BEGIN THE NEW YEAR WITH MORE ENERGY

**Register Now** to join this **FREE** workshop to learn strategies to reduce your sitting time, feel better, and improve your health.

**Where:** Woods of Cedar Village  
Community Rm, 3311 W. College Ave.,  
Milwaukee, WI 53221

**When:** Thursdays  
February 8, 15, 22, and 29  
1:00—3:00 p.m.  
With a refresher session on  
March 28th  
1:00—3:00 p.m.

**To register: Call the Franklin Health  
Department at 414-425-9101  
Or Leave your name and phone  
number with Kimberly King,  
414-304-5314**

How much is too much time sitting during the day? Find out and learn strategies to help you...

# Stand Up and Move More!

On average, older adults spend more than 60% of their waking hours in sedentary activities — mostly sitting. Research shows that too much sitting is bad for your health.

The Stand Up and Move More program helps you add more standing time into your day so you feel better and improve your health.

### Join a Stand Up and Move More class to learn:

- ◆ The consequences of too much sitting time and the benefits of more standing time
- ◆ Strategies for incorporating more standing time into your day
- ◆ To set achievable goals and address problems or barriers



HEALTH  
DEPARTMENT



wiha  
Wisconsin Institute  
for Healthy Aging

wihealthyaging.org/standup