

MILWAUKEE COUNTY  
DEPARTMENT OF HEALTH  
& HUMAN SERVICES  
**AGING & DISABILITIES  
SERVICES**

For more information contact:

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For a schedule of workshops in  
Milwaukee County visit the  
Aging & Disabilities Service's website:

[county.milwaukee.gov/aging](http://county.milwaukee.gov/aging)



Wisconsin Institute  
for Healthy Aging

1414 MacArthur Rd, Suite B  
Madison, WI 53714  
(608) 243-5690 | [info@wihealthyaging.org](mailto:info@wihealthyaging.org)

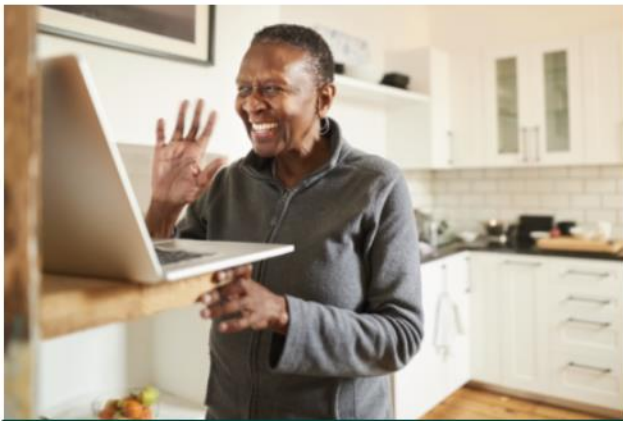
Learn more about this and other  
healthy aging programs by visiting  
[wihealthyaging.org](http://wihealthyaging.org)

**Stand Up  
and Move More**



**Stand Up  
for Better Health**

Research shows that sitting too  
much is bad for your health. Stand  
Up and Move More gives you the  
strategies and tools to stand more  
throughout the day.



On average, older adults spend more than 60% of their waking hours in sedentary activities — mostly sitting.

Whether watching television, surfing the Internet, or catching up with friends on social media, we are spending more time than ever sitting down — and all that sitting isn't good for our health. Stand Up and Move More is designed to help you make changes that increase how often and how long you stand up which is associated with better health and function in older adults.

### **Reducing your sitting time can lower your risk of:**

- ◆ Heart disease
- ◆ Diabetes
- ◆ Certain cancers
- ◆ Early death

Find a Stand Up and Move More workshop near you. Visit [wihealthyaging.org](https://wihealthyaging.org) and click on **Find a Workshop**.

## **What is **STAND UP AND MOVE MORE**?**

Stand Up and Move More is a researched and proven program designed to help older adults spend less time sitting and more time standing throughout the day. While it's **not an exercise program**, it improves your physical health by reducing the amount of time you sit each day.

**How does it work?** Stand Up meets for 2 hours, once a week, for 4 weeks. After the 4-week program, you'll be invited to a refresher session which takes place 4 weeks after the final session. Each workshop is limited to 15 participants — all of whom are older adults.

## **EFFECTIVE!**

**Participants who completed Stand Up decreased their sitting time by 68 minutes per day.**

### **What will you learn?**

- ◆ The consequences of too much sitting time
- ◆ The benefits of more standing time
- ◆ Strategies for incorporating more standing time in your day
- ◆ To set achievable goals and address problems you encounter

