



SET UP AND GO



Be Safe and Energized Every Day!

GO

MOVE THROUGHOUT THE DAY

Try these ideas to help you **GO** about your day with movement:



TAKE A WALK

Walk in place or walk to a different room and back.



TAKE A REGULAR BREAK

Stop for a stretch break every 30 minutes.



HYDRATE

Drink water and get up for refills.



PARK FARTHER

When you go out, park farther to get more steps in.



GET UP TO TALK

Stand up when you're on the phone.



TRACK MOVEMENTS

Find a tracking tool to help keep your movement goals.



TAKE A LUNCH

Take your lunch away from your desk.



REMINDER

Set a timer to remind you to move one minute each hour.



ADD MOVEMENTS

Move your trash bin away from your desk.



USE YOUR STAIRS

Add a movement break by walking up and down stairs.



DID YOU KNOW?

Active breaks are the best way to prevent ergonomic related injuries. Set a goal to move throughout the day.

LEARN MORE ABOUT SET UP AND GO:
sfhss.org/setupandgo

In partnership:



San Francisco
Department of Public Health



San Francisco
Department of Human Resources

SAN FRANCISCO
HEALTH SERVICE SYSTEM
Better Every Day.

Learn more at
sfhss.org/well-being