



# 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:



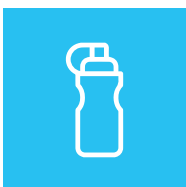
## TAKE A WALK

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.



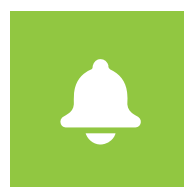
## TRACK MOVEMENTS

Find a tracking tool to help keep your movement goals.



## TAKE A LUNCH

Take your lunch away from your desk.



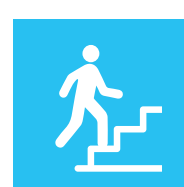
## REMINDER

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](https://sfhss.org/setupandgo)

In partnership:



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