

18-64  
YEARS

# SITTING LESS FOR ADULTS

## Less sitting can help adults



Physically



Mentally

and keep them:



Social



Focused



Healthy

## Each day adults should

Minimise the amount of sitting



Break up long sitting often



At home and at work



## Tips for less sitting



Move during TV ads



Take a lunchtime stroll



Stand more at work



Have a screen free night



Get off the bus early



Limit screen time

**healthy**  
Tasmania  
A Tasmanian Government  
and Community Partnership