

Don't Just Sit, ENJOY MOVING, BE HEALTHY



Why We Move (VMove)?

Most of us don't get enough exercise, spend many hours sitting, and feel restricted to exercising in conventional settings.

VMove is challenging those norms and encouraging you to move/dance and be active in any setting to promote better health. Move as a break from sitting, or incorporate moving while you are in class.

What is VMove?

VMove is a global movement that aims to promote new norms to encourage moving in public.

(Organization name) cares about your health and promotes VMove here.

Where can I move?

RIGHT HERE! Yes, in your class or anywhere you get a chance and feel inspired.

When can I move?

ANY TIME WHEN YOU CAN WITHOUT DISRUPTING OTHERS! Or in designated class breaks. During independent study time, take breaks from sitting to let yourself loose and get moving. If you haven't been physically active, this can be a first step to making a healthier, more active lifestyle a habit.

How can I move?

Creatively (Creative and Active). VMove encourages people to move in their own imaginative ways in any setting, with consideration of others, and inspiring group activity.

Have fun move discreetly and creatively while in class in a way that does not disrupt others or your concentration! Move freely and actively as per your fitness level during breaks.

Other ideas for students

- Take frequent regular scheduled breaks to increase your daily physical activity
- Seeing chairs doesn't mean you have to sit, if you want to stand and move lightly during class go to the back or side of the class so you don't block others who are sitting
- Incorporate some physical activity or 10 minute exercise during your lunch break, and march in place in the cafeteria queue, or in study groups.
- Stand up, walk, dance, or jog in place, do squats or other individual or group activities during breaks
- Do some leg, arm, and neck stretches to break from computer work
- Don't just walk to the restroom or between classes – strut/dance your way there
- If you need to stay seated: dance/move as you can in your chair
- Inspire others and move with groups to get fit and have fun together

Use your hands to show the VMove signal communicating your action and inspiring others to join.

Join VMove at www.vmovement.org, share ideas and videos with your colleagues and with the VMove community and help inspire others www.facebook.com/vmovement/