



## Don't Just Wait, 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 saying: why not move/dance and be active in any setting. Move as a break from sitting, while you are waiting, or incorporate moving while you are doing other things.

VMove promotes better health.

### What is VMove?

VMove is an initiative, launched at a TEDx talk. VMove aims to globally promote new norms to encourage moving in public.

***This clinic cares about your health and encourages VMove.***

### Where can I move?

RIGHT HERE! Yes, in this waiting area.

### When can I move?

RIGHT NOW! Use the waiting time 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):* Word coined for the TEDx talk that drives the message of VMove. VMove encourages people to move in their own imaginative ways in any setting, with consideration of others.

Have fun and make friends using the minutes you originally thought were going to be wasted!

- Seeing chairs doesn't mean you have to sit
- Stand up, walk, dance, or jog in place, do squats
- Do some leg, arm, and neck stretches
- Don't just walk to your car- strut your way there
- If you prefer to stay seated: dance in your chair

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

Learn more, or become a part of VMove visit: [www.VMovement.org](http://www.VMovement.org) or [www.facebook.com/vmovement/](https://www.facebook.com/vmovement/)