



UNIVERSITY HEALTH CLINIC HEALTH ADVISORY

Sitting for long hours is harmful to health!

Physical inactivity and long sitting hours at work are linked to non-communicable diseases.

- 1 **Get up and move** at least 5 minutes per hour
Ideally, 3 minutes physical activity every 30 minutes.



- 2 **Get up and stretch** at your desk
Hourly reminders may be helpful

- 3 **Stand and work**
Use a high desk if working on a laptop.



- 4 **Pace** while taking your calls.



- 5 **Practice proper posture** while sitting.

- 6 **Use staircase** for healthy walking.



- 7 **Stretch** every day,
unrelated to your workout.



#UHCares

Source: WHO HEALTH ADVISORY

Trunkline: (046) 481-1900

- ★ UHC WEST CLINIC (DMH 114) loc no: 3039
Mon-Thurs 7:00 am - 6:00 pm; Fri 7:00 am - 5:00 pm; Sat 8:00 am - 5:00 pm
- ★ UHC EAST CLINIC (LPH 100) loc no: 3100
Mon - Fri 8:00 am - 8:30 pm
- ★ UHC HS CLINIC loc no: 3304
Mon - Fri 7:00 am - 7:00 pm; Sat 8:00 am - 5:00 pm
- ★ UHC ULS CLINIC loc no: 3132
Mon-Thurs 7:00 am - 6:00 pm; Fri 7:00 am - 5:00 pm



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