

Northwest Permanente Wellness Passport Guidelines

June – August 2015

Movement: Walk 2 Minutes Every Hour While at Work

Complete 2 minutes of walking every hour while at work:

With evidence mounting that sitting for long stretches of time is unhealthy, many of us naturally wonder how best to respond. Should we stand up, or is merely standing insufficient? Must we also stroll or jog or do jumping jacks?

A new study offers some helpful perspective, suggesting that even a few minutes per hour of moving instead of remaining in a chair might substantially reduce the harms of over sitting.

[Click here to read more about this study and why getting up to move is important](#)

To get credit for the movement category, try getting up to walk for 2 minutes every work hour for 5 days then fill out the self-report form by clicking the button below:

**Self-Report Form for 2 Minutes
Of Walking an Hour**

Please submit all documentation to NWP Health & Wellness, KPB 15
or e-mail us at: nwpwellness@kp.org