**September 2020 Mini Challenge – Stand Up**

*Take 30 standing phone calls.*

The “Stand Up” Mini Challenge invites you to stand up during 30 phones calls in the next 30 days. It’s that easy – just stand up when you’re talking on the phone. You may want to put a note on your phone to remind you.

Studies have shown that too much sitting is bad for your health, and can increase one’s risk of heart disease, diabetes, stroke, and high blood pressure. It is easy to stand for a few minutes from time to time, but it may be difficult to remember to do it. This is where phone calls come in – make talking on the phone a natural trigger used to promote standing up. Once mastered, the simple habit of standing while you talk on the phone can improve your health for the rest of your life. Next time the phone rings, stand up for your health!

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| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 |  |  |  |  |  |