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Importance of Being Active Every Day

01

Sitting Down: It's an Epidemic

No matter what your intentions are, it can be difficult to avoid sitting. We sit during morning and evening commutes, while attending meetings and sending emails, and at home to relax or socialize. But even if your job keeps you tied to a desk most of the day, it's important to keep moving—a sedentary lifestyle has been linked to heart disease, diabetes, obesity, poor circulation, loss of muscle and hypertension and other health risks. Even worse, people who sit the majority of each day are at increased risk even if they exercise in the evening!

Monthly Activity
Get Active with Milestone Goals

Set incremental goals, track your progress and motivate yourself to become more active.

But that all sounds a little bleak. Let's stay motivated by focusing on the positive. You'll see huge health benefits when consistent activity is part of your daily routine!

1. **Exercise reduces stress** by increasing the amount of norepinephrine in your body, a chemical that helps moderate your brain's response to stress and difficult situations. (It's also a hard word to say three times really fast.)

2. **Exercise makes you less grouchy** by releasing mood-enhancing endorphins into your bloodstream.

3. **You boost your energy level all day long** by sending more oxygen and nutrients to your muscle tissues and enhancing your cardiovascular endurance.

4. **You sharpen your focus and improve your memory.** Exercise sends more oxygen to your brain than sitting around. In turn, that oxygen boosts production of cells in the hippocampus, aiding your ability to retain information.

5. **Lose weight** by simply adding steps or activity minutes to your day. Frequent short walks are a great complement to a balanced diet and high-intensity workouts, which can be more sporadic.

Live. Life. Well.

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How to Be Active in the Workplace

Stay Active and Become a Stair Master

A staircase workout is an incredibly effective way to improve fitness and overall health. It's also free, which is a great price for anything. Just find a comfortable pair of shoes and an indoor or outdoor staircase with about 15 steps! If there aren't steps at your work location, try to find a nearby hill or take brisk walks instead of utilizing stairs.

Beginners should try to walk the stairs five minutes for every 60–90 minutes they are sitting at work. If you're used to a higher level of activity, increase that goal to ten minutes. That may sound like a lot of time, but stair-stepping is a great transition activity between meetings or assignments, and exercise will improve your attitude and your focus when you get back to work!

Short, Intermittent Walks Not an Option?

1 Have walking meetings or brainstorming sessions to remain productive while you get your heart rate up.

2 Set an alarm on your phone or office email calendar to get up and walk for five minutes every hour or hour and a half.
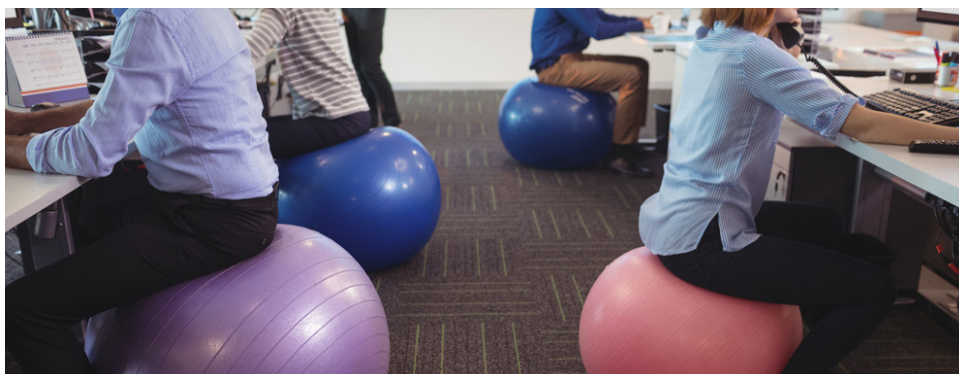
3 Step away from your desk to eat lunch and during shorter breaks. Take advantage of any opportunity to squeeze in some activity.

4 Have face to face conversations instead of emailing. You'll most likely get your answer faster, and you'll get to know your teammates

5 Do you spend time listening to conference calls while muted or watching training videos? Put on your headphones and pace at your desk (or in a small conference room) instead of sitting still.

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Getting Family Involved

Keep Good Health in the Family

No matter what "family" means for you, spending time with people you care about—and who care about you in return—does wonders for your emotional health. Trust and companionship have been shown to boost happiness, provide a sense of purpose and discourage unhealthy lifestyle habits.

This feeling of togetherness is even more vital for children, who are still developing emotionally. Use time with your kids to keep them active, explore new interests, boost their social skills and teach them about some of your favorite things.

Unfortunately, daily life can be so busy it gets difficult to carve out time together. Use the tips below to follow through and spend more time with your family!

Step Away from the Screen

Watching a favorite show together is a healthy way to bond, but it's not the only way. Turn off the TV and video games and make a list of active ways to occupy your time together. Or you can simply play card games and enjoy each other's company—it's a lot easier to have a great conversation when you talk longer than the length of a commercial break.

Don't Make It a Spectacle

Family night will quickly become a stressful affair if you feel like you need to spend a lot of money or keep topping yourself. The time you spend together is the important thing, so search for free or inexpensive activities around town, or make use of games, toys and other items that you already own.

Make Specific Plans

"Let's do that sometime" means it's not likely to happen. Set concrete plans at specific times to get everyone involved and make sure family night happens on a regular basis. It's also a good idea to have a backup plan in case of poor weather or other unexpected complications.

Take Turns and Try New Things

Let everyone take turns picking games and activities. Your kids will develop their imagination and you all might discover a few new hobbies to enjoy!

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Recipe

04

Chocolate Banana Coconut Protein Smoothie

A very descriptive name for a very delicious smoothie.

Total Time (Cook and Prep):
10 minutes

Servings: 1

INGREDIENTS

- 1 cup unsweetened coconut milk
- 1 scoop chocolate protein powder
- ½ of a frozen banana
- 1 tablespoon almond butter
- Toasted coconut for garnish

INSTRUCTIONS

1. Blend all ingredients (except garnish) until smooth.
2. Top with toasted coconut and serve.

NUTRITION INFO

(per serving)

300 calories

14 g fat

0 mg cholesterol

150 mg sodium

20 g carbohydrates

3 g fiber

27 g protein

Activity

Get Active with Milestone Goals and Work Toward Incredible Results

If you are just beginning to exercise or if your routine has plateaued, it can be difficult to take the next step. One useful way to push yourself forward is to set realistic milestone goals that lead you to a single big one! Use this worksheet to set goals and track your progress until you achieve 10,000 steps each day or reach 150 active minutes every week.

Week 1 Goal: _____Steps / Active Minutes

Week 1 Steps / Active Minutes: _____

Week 2 Goal: _____Steps / Active Minutes

Week 2 Steps / Active Minutes: _____

Week 3 Goal: _____Steps / Active Minutes

Week 3 Steps / Active Minutes: _____

Week 4 Goal: _____Steps / Active Minutes

Week 4 Steps / Active Minutes: _____

Stay Motivated!

Don't bow out if you aren't hitting your initial goals. Regroup, adjust your plan and keep moving toward the benefits of increased activity.

Employer Activity Tracking

I, _____, set a step count or activity minute goal and tracked my progress to

Print Name Here

successfully complete the Get Active with Milestone Goals 2019 Wellbeing Activity.

Signed,

_____

Date

_____

DON'T SIT

ON YOUR HEALTH:

Get up and Get Moving to See Huge Health Benefits

Why is it important to get up every 60 – 90 minutes during the work day? Short, frequent breaks of light to moderate activity will:

1. Reduce your stress
2. Improve your mood
3. Boost your energy level
4. Sharpen your focus and memory
5. Assist with weight loss

YOUR WELLBEING ACTIVITY

GET ACTIVE WITH MILESTONE GOALS

Set incremental goals, track your progress and motivate yourself to become more active.