

MOVING YOUR WAY TO BETTER HEALTH

Healthy Opportunities Webinar ~ 4/26/12

Objectives

- Why be Active?
- How Much Activity Do I Need?
- Options for Incorporating Physical Activity into Your Workday
- Available Benefits & Upcoming Events



Poll



Benefits of Physical Activity



- Control your weight
- Reduce your risk of cardiovascular disease
- Reduce your risk for type 2 diabetes and metabolic syndrome
- Reduce your risk of some cancers
- Strengthen your bones and muscles
- Improve your mental health and mood
- Improve your ability to do daily activities and prevent falls, if you're an older adult
- Increase your chances of living longer

<http://www.cdc.gov/physicalactivity/everyone/health/index.html>

How much?

- **2008 Physical Activity Guidelines for Americans**
 - Adults should do 2 hours and 30 minutes a week of moderate-intensity
 - Activity should be performed in episodes of at least 10 minutes, preferably spread throughout the week.
 - 10,000 steps
 - Take it one step at a time



Getting Started

- Physician clearance
- Proper attire
- Proper equipment
- Be sure to stay properly hydrated before, during, and after exercising
- Warm up & stretch before engaging in high-intensity activity



Poll



Take a Hike



- Walk Score
 - <http://www.walkscore.com/>
- Take meetings on the go
- Form walking groups & walk over breaks or lunch
- Park further away
- Get off the bus one or two stops before your destination
- WalkingWorks®

Go by Bike



- Bike to Work Week
 - May 14-18
 - <http://www.iowagoesbybicycle.com/>
- Department of Transportation
 - www.iowadot.gov/iowabikes



Consider a Climb



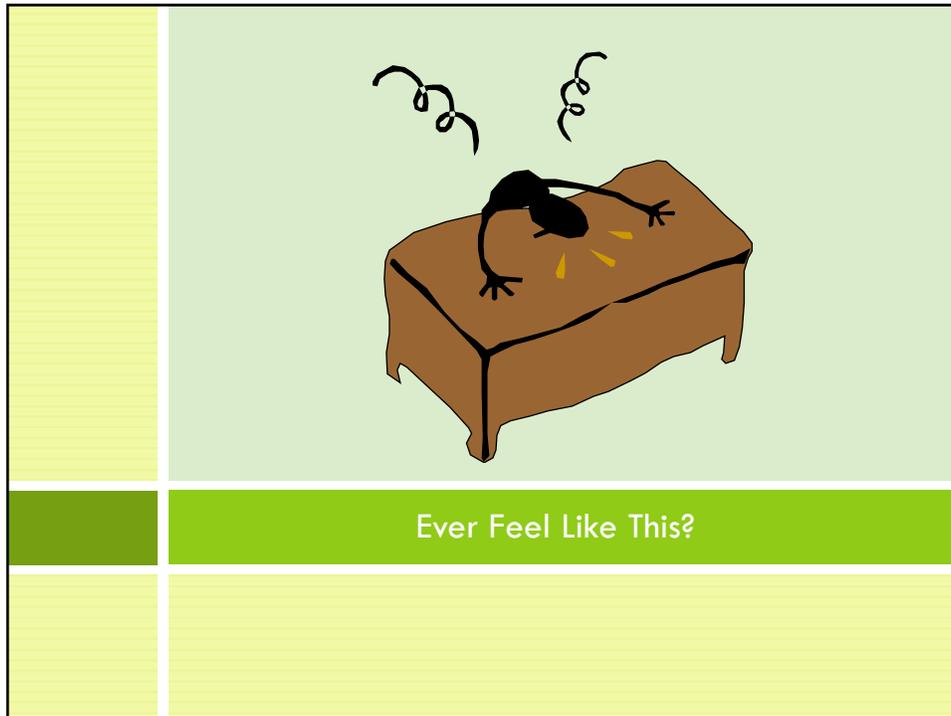
- Remember the stairs?
- Taking the elevator has become a norm. Make it the exception!
- CDC's StairWELL to Health

In one minute, a 150 pound person burns approximately 10 calories walking up stairs, and only 1.5 calories riding an elevator.



No waiting one door over.

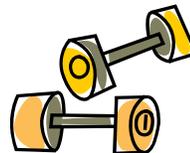




Activity at Your Desk

□ Sit for 60, Move for 3

- What can you do?
 - Stretching, Strengthening, and even Cardio
 - Stand/pace during conference calls & webinars
- What do you need?
 - Stability Ball
 - Resistance Bands
 - Small Set of Dumbbells



Staying Motivated

- Be prepared
- Put in on the calendar (Outlook reminder)
- Make a weekly action plan
- Get a buddy
- Chart your progress
- Sneak in extra steps
- Change up your routine to keep things interesting



Benefits Available to You

Healthy Opportunities

- Resources to Support Physical Activity
 - Fitness Center Discounts
 - Weight Management
 - Recreational Opportunities/SEHARC

- <http://employeehealth.iowa.gov/>



Blue365

Member Discounts & Services

- Fitness
- Healthy Eating
- Living
- Personal Care

- Polar - 25% Off Heart Rate Monitor
- SNAP and Anytime Fitness club discounts
- Healthways Fitness Your Way network
- eDiets
- Jenny Craig
- Nutrisystem
- Hope Paige Designs
- Seniorlink
- Beltone Hearing Aids
- TruHearing
- Davis Vision
- LasikPlus
- QualSight LASIK
- And more...



<http://www.wellmark.com/Member/UsingBenefits/Blue365.aspx>

Upcoming Events & Challenges

- AHA Heart Walk – June 16th (www.dsmheartwalk.org)
- Live Healthy Iowa Challenges (www.livehealthyiowa.org)
 - Burst Your Thirst
 - June 16-July 28, 2011
 - The Next Step
 - September 8-October 20, 2011



Inspiration



He who has health, has hope; and he who has hope, has everything.

-Thomas Carlyle

Questions?



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