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.
  - 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

- Department of Transportation
  - [www.iowadot.gov/iowabikes](http://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.
Ever Feel Like This?

**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


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](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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