

Move More: Increasing Physical Activity and Movement

Introduction

Welcome to the Virtual Self-guided Wellness Exhibit **Move More: Increasing Physical Activity and Movement**. This learning module contains 6 posters and takes approximately 10 minutes to complete.

Before you get started, print the **Passport to Physical Activity: Move More** which is on the next page of this Virtual Exhibit. Answer the questions on the Passport as you go through the Virtual Exhibit.



Passport to Physical Activity: Move More



Name: _____

Answer these questions as you go through educational exhibit to reinforce your learning.

Exhibit 1: Increasing Physical Activity In Different Environments

Identify two activities that will help you increase your step count by 250-500 steps a week to incrementally increase your daily physical activity.

Exhibit 2: Tracking Your Steps With Fitbit

List the Fitbit tracker that is right for you based on your fitness goals.

If you are currently using a Fitbit, identify an additional feature that you can use to track your fitness and engage others.

Exhibit 3: Increasing Activity At Work

Identify two ways that that you can add movement into your workday to help you reach your physical activity goals.

List one meeting that can be adapted to a walking meeting.

Exhibit 4: Increasing Activity With Friends

List two friends and activities that you can do with them to enjoy together.

Exhibit 5: Increasing Activity With The Family

Two examples of fun activities that you are willing to propose and plan to increase physical activity with members of your household are:

Exhibit 6: Increasing Activity While Out-of-Town For Work

If you travel for work, list two activities that you are willing to incorporate into your travel to maintain your physical activity level when out of town for business.

INCREASING PHYSICAL ACTIVITY IN DIFFERENT ENVIRONMENTS



Your daily physical activity guidelines can be met in a variety of environments, at work, with friends and family, at home, and on trips.

10,000 Steps

Getting 10,000 steps a day is enough to increase your energy, reduce your risk for heart disease, and help you live a longer, healthier life. Your cardio workout contributes to your daily step count as well as any walking that you do throughout your day. Wearing a Fitbit will help you track your steps throughout the day and enable you to work toward achieving 10,000 steps a day.



Getting Started with the Fitbit

Wear your Fitbit for one week without changing your schedule or intentionally adding steps to your day — this will give you a baseline step count. Don't be disappointed if your step count is well below 10,000 — welcome to the club! Set a realistic goal to gradually increase your step-count according to your baseline step-count and fitness level. This could be as simple as increasing your step count by 250-500 steps a week to a target step count and maintaining that new level for a week or two before increasing it again.

Sedentary	Low Active	Somewhat Active	Active	Very Active
<5,000	5,000-7,500	7,500-10,000	10,000-12,500	>12,500

Source: Based on values by Tudor-Locke 2004





TRACKING YOUR STEPS WITH FITBIT and wearables

There are so many choices for people to track their steps and other key health measures with Fitbits and other wearable devices.

Before moving to the next poster, use your Smartphone to find a wearable that is right for you based on your fitness goals and lifestyle.

Tracking Your Data

Download the app that goes with your wearable to your Smartphone. This will enable you to see your data on your personal dashboard.



App Features

- **All Day Activity:** View progress towards your daily goals for steps, distance, calories burned and active minutes.
- **Track Exercise:** Use your tracker to record workouts or log them in the app, then see all your exercise stats.
- **Exercise Calendar:** Logged workouts will pop up in your exercise calendar so you can look back on what you've accomplished, and use data and trends to make progress.
- **Challenge Friends and Family:** Stay encouraged to move by using your steps to climb the leader board, or compete with friends and family in Challenges.

You can also access your dashboard from a computer.





INCREASING ACTIVITY AT WORK

You spend at least 8 hours a day at work — one third of your waking hours. Make an effort to increase your physical activity level and step count while at work.

- Try to bike or walk to work if possible.
- If active commuting is not possible, park farther from your office to add steps to your day.
- Get off the bus or subway 1-2 stops before your normal stop.
- Take the stairs instead of the elevator whenever possible.
- Plan regular intervals of movement such as:
 - walking to get a drink of water.
 - visiting a co-worker to drop off a message.
 - picking up documents at the printer.
- Use at least part of your lunch break to go for a walk.
- During phone calls, you can stand or pace.
- Use a treadmill workstation, and/or sit/stand desk if available.
- Have walking meetings.
- If there is a gym at work, use it.





INCREASING ACTIVITY WITH FRIENDS

Integrate physical activity with your social time to optimize your health and that of your friend.

- Instead of going out to dinner or getting drinks, suggest going on walks or runs.
- Rally a group to go hiking, backpacking, skiing — anything outdoors!
- Go to the Farmers' Market together.
- Meet at the mall and take a walk indoors.
- Start a walking group with your friends or neighbors.
- Start a sports team and organize practices.
- Get a group of friends to take classes together at a gym.





INCREASING ACTIVITY WITH THE FAMILY

Infuse physical activity with family life and together everyone will experience the many health benefits of an increased activity level.

- Take a walk after dinner.
- Go on a family bike ride.
- Walk the dog together.
- Turn TV commercials into fitness breaks.
- Play active video games.
- If possible, walk or ride bikes to and from school with children.
- Play sports together:
 - tennis
 - racquetball
 - ping pong
 - baseball
- Find time to spend together doing a fun activity such as:
 - going to the park
 - swimming
 - hiking
- Walk or run for a charity.
- Plan active vacations.
- Go to the gym together.





INCREASING ACTIVITY WHILE OUT-OF-TOWN FOR WORK

When out-of-town for work, maintain a healthy level of physical activity level with these tips:

- Use the hotel gym or go for a walk or run first thing in the morning.
- Take the stairs rather than the elevator at your hotel.
- Weather permitting and if in walking distance, walk to meetings and restaurants rather than taking a cab.
- Take a walk during your lunch break and invite colleagues to join.
- Check with the local office of tourism about walking tours of the city.



During your time off, take advantage of local attractions — trails through parks, walks along waterways, a walking tour of the old historic part of town, and climb the stairs whenever possible instead of taking the elevator. There are many sights to see in places that can both give you a sense of the unique location and help you get in your physical activity for the day.

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Close

We hope you have enjoyed the Virtual Self-guided Wellness Exhibit **Move More: Increasing Physical Activity and Movement**. Additionally, we hope that you learned different strategies to incorporate more Lifestyle Activity into your day to keep your body healthy and strong.