

Week 1

***Title:* Cut down on the amount of time you spend sitting!**

Text: Thanks to modern advances in technology, we spend more time sitting than ever. Some of us may be grateful for computers, televisions, and video games but they have caused us to spend less time moving.

This week, replace the time you spend watching television, sitting, or working on the computer with movement. For example:

- Take a 10 minute break and ask a co-worker to go for a walk.
- Schedule a walking meeting at work.
- Take your dog for a walk
- Play in the leaves with your kids!
- Catch up with a friend on a bike ride

Including friends and family members is a great way to achieve common goals and will increase your likelihood of success. During the Get Moving Challenge, we award your efforts in making changes that will improve your health.

Week 2

***Title:* Take five minutes to stretch three days this week!**

Text: Stretching helps increase your flexibility, lengthen your muscles and increase your body's range of motion. When you work all day, your body can become tensed. But there are ways you can build stretching into your work and home life. Here are five good ideas:

- Warm up before stretching with light activity, such as walking. Don't hold your breath. Instead, breathe in and out through your nostrils and keep your neck and shoulders relaxed.
- Do stretches at your desk or in your work area.
- When you stretch, be careful not to move too swiftly. Never bounce or force a stretch -- you can injure a muscle or tendon.
- Stretch when you get out of bed. Relax and hold each stretch for at least 15 to 30 seconds until you feel a pleasant tension in the muscle being stretched. Concentrate on this sensation and feel your muscles gradually lengthen.
- Find a partner and practice stretching together. All stretching exercises should be performed two to four times.

Take your time, start slowly and remember you are making positive steps to increase your health!

Week 3

***Title:* Strengthen your muscles two days this week!**

Text: Congratulations! You are half way through the Get Moving Challenge. We hope you are making great strides with your physical activity. This week we will focus on strengthening your muscles, which helps you burn more calories and aid in weight control.

According to the Center for Disease Control (CDC), "Strength training can provide up to a 15% increase in metabolic rate (how quickly your cells convert food into energy), which is enormously helpful for weight loss and long-term weight control."

Here are some activities to build into your day:

- Walk with small hand weights.
- Do push ups, sit ups, or squats.
- Ride bike with a loved one and increase your intensity.
- Lift weights at a rate that's right for you.
- Use exercise resistance bands in your workouts
- Do gardening or yard work where you are lifting or digging.
- Plan a day to walk on a trail with hills.

Get started, have a blast, and look forward to a stronger, healthier you!

Week 4

Title: Give your heart and lungs a new workout!

Text: Physical activity doesn't have to feel like a chore. Find ways to make exercise more fun and easier by working it into your schedule. Here are some ideas:

- Paddle for health! Canoes and kayaks can be great exercise and allow you to explore places not reachable by powerboats.
- Cycling provides excellent aerobic exercise without the pressure on your knees associated with running. Do some exploring in your neighborhood!
- Take a swim! Swimming and water aerobics are excellent for everyone, especially those with arthritis.
- Motivate with music! Schedule a time to meet with friends and family. Dance to your favorite songs for 10 minutes or more.
- Exercise at the mall! Walk laps with a friend and get a workout while window shopping.
- At work, schedule a team-building physical activity!
- Belly dancing classes are great for toning your abdominal muscles and you might discover some new moves at the same time!

Have fun this week! Create new ways to get your body in motion! The American Heart Association provides resources to get the entire family moving!

Week 5

Title: Take extra steps in the day!

Text: Start by buying a pedometer to track your steps. Then, find new ways to add to your step count. Small beginnings can pay off and lead to a leaner, healthier body. Ways you can take extra steps:

- Walk around the block after meals.
- Do errands by walking when possible.
- Park your car in the farthest spot from the store.
- Take the stairs.
- Schedule "walking meetings" at work.
- Walk the dog.
- Take the bus – you'll get extra steps walking to and from the stop.
- Go on a walking tour and explore the changing season.
- Walk to a coworker's desk to talk instead of emailing or phoning.
- Use the printer that's farthest away from your work area.
- When playing golf, walk and pull a cart. Never pass up a long walk!
- Fall is here—rake leaves! Pull weeds!

Every step counts. Your body says thank you!

Week 6

Title: Get Moving with friends and family one day this week!

Text: Great! You have entered your final week of the Get Moving Challenge. We hope you've discovered new ways to exercise while having fun. Reward yourself by participating in an activity with friends and family this week!

Schedule an activity that will be fun and interactive, like:

- Go to a Zumba class at your local community center or health club
- Fly kites.
- Work in your garden.
- Jump rope or have a Double Dutch competition.
- Have a dance party.
- Play basketball, baseball, or soccer.
- Go camping and go on a hike together.
- Walk around a lake.
- When meeting friends for celebratory events, incorporate movement into your plans. Have a party at a roller rink, bowling alley, or state park.

You may discover how much you have in common with a friend or family member this week while doing fun activities this week!