

2022 EAT, LIVE, AND BE HEALTHY WELLNESS CHALLENGE

MAY 2022

In 2022, the Chronic Disease Action Team of the Healthy St. Mary's Partnership is encouraging community members to join our year-long wellness challenge. This challenge will promote healthy habits, provide education and resources, and encourage community members to eat, live, and be healthy in 2022!

May Challenge

Track and increase breaks you take to stretch & move throughout the day

GOAL: Sit no more than an hour without a break



Every workout
counts even if
it's only for 5
minutes!

Being physically active is one of the most important actions that you can take to maintain or improve your health. And some of the health benefits gained from physical activity start immediately after being active, even when that activity is short.

The Physical Activity Guidelines for Americans, 2nd edition encourages everyone to "Move more and sit less" by reducing sedentary time and being physically active throughout the day.

A single episode of physical activity such as walking into work from the parking lot or up or down the stairs; may be of sufficient intensity (i.e., moderate to vigorous) that it can reduce anxiety and blood pressure and improve quality of sleep and insulin sensitivity. Even a brief episode of physical activity, if it is at least moderate intensity, counts!

MAY RESOURCES

DESK EXERCISES & STRETCHES



Physical Activity Breaks for the Workplace - Resource Guide

Use this guide for resources and ideas to help build short (5-10-minute) activity breaks into your workdays!

Exercise Examples and Videos

Check out this list of sample exercise routines and videos - many of which only take 5-10 minutes to complete!



Remember to submit your exercise break log by June 1 to be entered to win this month's prize!

SUBMIT YOUR
EXERCISE BREAK
LOG HERE