

# Move More...Sit Less!

I would like to challenge my municipalities to implement a movement in May...encouraging your employees to find opportunities to move more throughout the day! This does NOT mean working less. It simply means sitting less but resulting in more productivity. Here are just some benefits:

## Moving More will improve ones:

- Energy Level
- Concentration, memory, alertness
- Work-life Balance
- Fitness Level
- Feelings about themselves and self-confidence

## Moving More will lower ones:

- Stress Level
- Risk for injury at work
- Time off due to illness
- Risk for heart disease, high blood pressure, diabetes and some types of cancer

## Offer a Walking Challenge:

Many of you have or are in the process of buying your employees pedometers. Have them dust them off and let's get stepping' into better health. Several apps are also available for the Smart Phones. Have participants track their steps weekly for 4-6 weeks and instead of just rewarding the one employee who walks the most, give anyone who "plays" a chance to win a prize. Use your Wellness Funds to purchase something nice or give cash. Or have Dept make Teams. Dept walking the most gets a healthy lunch. Contact me for more ideas!! **Let's put some Spring in everyone's Step!**



## Start a Township/Borough Walk/Run Team:

Have employees sign up to be part of a Municipal Team. Get T-shirts made; Name the Team; train and prepare for many great charity walk/runs, such as the ACS Relay for Life. Using Wellness Funds, offset some of the cost for registration. For some events, Teams get a discount on your registration fee. This will build camaraderie, teamwork, morale, it's fun and a great way to exercise!!

### [Find NJ Walks](#)

Check out some of the events in NJ and see what might be of interest.

Another option is to download a mobile phone app, such as [Charity Miles](#), that converts your miles to donations to your favorite charity.



## Start a Walking Club:

It's an easy, fun and inexpensive way to exercise. Walking with a co-worker or group will increase chances you'll stick with it. It helps keep employees healthy and boosts productivity. Measure the distance around the building and/or parking lot and share with employees. Promote local walking paths and trails easily assessable to employees during lunch breaks. Advertise what days the club will walk, what time, how long you'll walk, where to meet and encourage new walkers to join anytime.

## Ways to Move More...Sit Less at work:

- Park further away
- Use the furthest entrance into your building
- Have walking meetings
- Get up and STRETCH every hour
- Walk during breaks and at lunchtime
- Stand when talking on the phone
- Use restroom, copier, printer furthest away from your desk when possible
- Instead of emailing your co-worker, walk to delivery the message.

**Designate a  
"Wear Your  
Sneakers"  
Day**



**You're not going to get the butt you want by sitting on it!**

# Move More...Sit Less!



## Some Statistics:

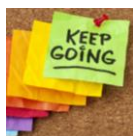
- Average American spends 7.7-15 hours/day sitting.
- Sit longer than 3 hours at a time and metabolism slows down
- One day of inactivity has roughly equivalent health burden to smoking 3 cigarettes.
- Loss of strength & stamina attributed to aging is in part caused by reduced physical activity
- Inactivity increases with age: By age 75, about one in three men and one in two women engage in no physical activity.

## Benefits of Physical Activity:

- Increases strength and endurance
- Decreases risk of heart disease, diabetes, and some types of cancer
- Lowers blood pressure
- Increases the "good" and lowers the "bad" blood cholesterol levels
- Increases muscle and decreases body fat
- Increases life expectancy
- Improves sleep patterns
- Enhances self-image and self-confidence
- Relieves depression, anxiety, and stress
- Increases energy
- Decreases arthritis pain and stiffness
- Decreases risk of illness
- Builds and maintains strong bones
- Improves mood and mental outlook

## How to stay motivated:

Do not over exert yourself—old adage "no pain, no gain" isn't true. Too much too fast will discourage you.  
Set realistic goals for yourself.  
Exercise with someone.  
Compare only with yourself—each person is different.  
Begin your program slowly and gradually build up to 3-6 times a week.  
Keep an exercise log—helps to monitor your progress



## Sitting Disease:

### The new health epidemic

An inactive lifestyle is shown to shorten your lifespan, cause hormonal changes, and increase inflammation. Sitting dormant for hours on end, combined with a lack of exercise has been proven to cause Type 2 Diabetes, heart disease, and certain cancers.

**Click on the link** to read about some simple solutions to prevent and combat the negative side effects of six health complications that are associated the "sitting disease".

[Sitting Disease Article](#)—this link will take you directly to the article on the BURLCO JIF website.



Commute to & from work



Sedentary Desk Job



Watching TV & Snacking

## How much physical activity is enough?

Aerobic activities, such as brisk walking, jogging, biking, swimming, use up oxygen to burn fat and carbohydrate stores in your body. For cardiovascular benefits, these activities should be done for at least 30 minutes at 50-85% of your total capacity most days of the week.

Strength training increases muscle mass and strength, boost BMR, and builds strong bones. More muscle you have, more calories you burn at rest. Try to perform resistance exercises 2 or more times a week. Always warm up and cool down. Warm up with a walk, light jog, mild calisthenics or skipping rope. Cool down with gentle stretching.

## Determine Target Heart Range:

In order to gain cardiovascular benefits, you need to exercise at 50% to 85% of your maximum work capacity.

**Target Heart Rate (THR)** - Heart rate that stimulates training benefits of the heart and circulatory system. Beginners should exercise at 60% to 70% capacity. Regular exercisers who want to increase their fitness level should strive for 75% to 85%. Intensity should never exceed 90%.

Simplest way to calculate Maximum HR:  
 $(220 - \text{your age}) \times \text{Target Heart Rate \%} = \text{Beats/Min}$

Ex:  $220 - 50 = 170 \times .75 = 128 \text{ bpm}$

