



Spring INTO ACTION

Workplace Wellness Challenge

Week 5 – Maximizing Your Work Day Physical Activity



Spring

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Maximizing Your Work Day Physical Activity

When you move more, you...

- Significantly reduce your risk of coronary heart disease as well as the risk of dying from heart disease
- Lower your risk of having a stroke
- Decrease your total blood cholesterol and triglycerides (“bad” cholesterol) and increase your high density lipoproteins (“good” cholesterol)
- Lower your risk of high blood pressure
- Reduce your risk of type 2 diabetes
- Lower your risk of colon cancer
- Increase your ability to achieve and maintain a healthy weight
- Reduce feelings of depression, anxiety and stress
- Help build and maintain healthy bones, muscles and joints
- Feel stronger, move easier and have more energy

These are all fantastic reasons to get away from your desk periodically for a quick walk and stretch.





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Trivia Challenge

Test your calorie-burning knowledge with this quick trivia challenge.

Question 1: In one minute, a 150-pound person burns approximately 10 calories walking up the stairs. How many calories are burned taking the elevator?

Question 2: To burn off the calories in one plain M&M candy, how far would the average adult need to walk?

Answer 1: Only 1.5 calories. Consider the stairs at work or home — a gym with no membership fees!

Answer 2: The length of a football field.



M·C·H·C·P

Workplace Wellness

Source: Centers for Disease Control and Prevention. (2011, Nov. 9) *Physical Activity for Everyone: Guidelines: Adults*. Retrieved April 3, 2012, from: <http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>