

Move More

Lifestyle Activity Challenge

MOVE MORE...IN THE EVENING

Make your home a place to increase your Lifestyle Activity.

- Exercise while watching TV
- Play ping pong, Frisbee, basketball
- Walk the dog after dinner
- Choose active video games
- Walk through your home or jog in place
- Turn on music at home and dance



MOVE MORE...IN THE MORNING

An active morning gives you energy and stamina for your day.

- Take the dog for a brisk early morning walk
- Walk or bike with your kids to school
- Bike or walk to work if possible
- When driving to work, chose a parking space far from the office entrance
- When using public transportation, get off 1 or 2 stops before your normal stop
- Use the stairs instead of the elevator



MOVE MORE...IN THE LATE AFTERNOON

Lifestyle Activity in the late afternoon will energize you for the “second shift.”

- Play with the kids
- Take the dog for an afternoon walk
- Work in the yard
- Play a sport
- Plan an active event with family or friends
- Sweep or vacuum



MOVE MORE...AT MIDDAY

A midday physical activity break adds to your daily lifestyle activity.

- Use part of your lunch break to go for a walk
- Set an alarm to get up from your workstation every 30 minutes for a short walk
 - Get a glass of water
 - Pick something up from the printer
 - Collaborate with a colleague face-to-face
- Schedule walking meetings



Lifestyle Activity Challenge



Lifestyle Activity includes the energy used throughout the day to perform life activities such as walking, taking the stairs, carrying the groceries, and performing chores. Increasing Lifestyle Activity is as simple as Moving More. Set a personal step count goal and incorporate Lifestyle Activities throughout the day to help you meet your goal.

My Pledge

I pledge to try different strategies to incorporate more Lifestyle Activity into my day. I am committed to adding activity in the morning, at midday, in the late afternoon, and in the evening so I can Move More and Live Well.



How the Challenge Works:

Jot down some Lifestyle Activities that you are willing to try throughout the day so that you can Move More.



Morning



Midday



Late Afternoon



Evening

1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____
4. _____	4. _____	4. _____	4. _____
5. _____	5. _____	5. _____	5. _____

Record your Move More activities:

Use a **check mark in the color-coded boxes** to record the days that you added Lifestyle Activities in the Morning, Midday, Late Afternoon, and Evening. Use a **star** to record the days you met your step count goal.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
WEEK 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>