



ChallengeME MONTHLY MINUTE



VOL 02 ISSUE 04 / APRIL 2019 • mainedot.gov/challengeme

Monthly topic:

Move More

Regardless of how you choose to do it, studies show there are numerous benefits to moving at work. Physical activity can help in the following ways:

Boost Creativity

Studies show that going for a walk can get your creative juices moving and help them stay that way!

Improve Focus and Retention

The absolute best way to move? Get outside. When people venture outdoors into a forested area or an arboretum, or simply look at scenes of nature, their bodies relax and their memories and attention improve.

Meet Activity Goals

NEAT, or Non-Exercise Activity Thermogenesis, is the energy we expend for all activities not associated with eating, sleeping, or gut-busting exercise. Even though they may not require much effort, these little bits of movement (like walking) can help us meet daily and weekly physical activity guidelines in a manageable way.

Shape Work Culture

"A movement must be public." When one person does something, he or she may be declared a "lone nut" - but when two or three join? Then you have a leader and a movement. Walking meetings or group fitness outings make movement a true priority.

3.2 million deaths can be attributed to lack of physical activity

-World Health Organization

The average person spends...

 7.5 hours sitting at work	 7.5 hours sleeping	 30-60 minutes commuting to and from work	 1-3 hours watching TV or on an electronic device at night
 1-2 hours sitting while eating meals	That's a total of 17.5 to 21 hours spent sedentary per day!		

Sedentary lifestyles increase our risk for:

diabetes heart disease loss of muscle and bone strength

Even if you exercise regularly, you are likely still not moving enough to counteract the detrimental effects of sitting too much.

That is why it is so important to move while you're at work too!

Try to incorporate some of these suggestions into your daily routine:

- Take the stairs
- Bike to work
- Go for a walk
- Leg raises
- Jog in place
- Walking meetings
- Stand up
- Dance
- Wall push ups
- Flex your muscles
- Wall sits
- Stretch

Tag! You're It!

This April, it's time to show your moves and move more in "Tag You're It", a department-wide event similar to the Ice Bucket Challenge.

Watch the video, gather your group, and complete the challenge by showing your exercise moves in a video of your own!

All videos will be posted on the ChallengeME site as well as who is tagged next!

For more details, visit: mainedot.gov/challengeme



WHAT: Complete one million miles of physical activity together as one global community

WHEN: The entire month of April!

SIGN UP: events.healthcode.org

This Month

- 1-30: Tag You're It Million Mile Month
- 1st: April Fools Day
- 5th: Sunday River Spring Festival
- 11th: Sugarloaf Reggae Festival
- 13th: Kennebunk Easter Egg Hunt
- 15th: Patriot's Day Boston Marathon
- 20th: Kenduskeag Stream Canoe Race
- 21st: Easter
- 22nd: Earth Day
- 28th: Portland 10 Miler

Coming Up May: Walking Challenge

Comments, questions, ideas, or submissions?
Please email: kara.a.aguilargov