



ChallengeME MONTHLY MINUTE

VOL 03 ISSUE 4 / APRIL 2020 • mainedot.gov/challengeme

Monthly topic:

Move More At Home and At Work

Staying home for a prolonged period of time can pose significant challenges for remaining physically active.

Sedentary behavior and low levels of physical activity can have negative effects on the health, well-being, and quality of life of individuals. Self-quarantine and social distancing can also cause additional stress and challenge your mental health.

Physical activity and relaxation techniques can be valuable tools to help you remain calm now and throughout your life.

Take short breaks during the day: This could include dancing, taking a short walk, stretching, or completing some chores such as cleaning or gardening.

Follow an online exercise class: Take advantage of YouTube and free apps!

Walk: Practice "house walking" - get your steps in at every opportunity, whether that be walking in place while watching TV, climbing the stairs while brushing your teeth or eating lunch, or pacing the kitchen or hallway while on a call.

Stand up: Interrupt sitting and reclining every 30 minutes or try working while standing up. When not at work, exercise your brain when you're sedentary by reading, doing puzzles, or playing board games.

Relax: Try meditation, yoga, and deep breathing to help you remain calm and refocus.

Free Tools for Staying Active

The internet offers a plethora of tools to help you keep active and stay healthy. Check out some of these apps and YouTube channels to keep yourself moving no matter the weather, situation, or location!



- FitOn
- Simply Yoga
- MyFitnessPal
- Zombies, Run!
- Five Minute Yoga
- Nike Training Club
- 7 Minute Workout
- 30 Day Squat Challenge
- Shine: Calm Anxiety and Stress
- Daily Workouts Fitness Trainer

Build healthy habits and challenge your friends with Virgin Pulse!



Haven't signed up yet?
Visit: join.virginpulse.com/stateofmainedot

YouTube

- The Fitness Marshall
- Popsugar Fitness
- Blogilates
- Yoga With Adriene
- HASfit
- FitnessBlender
- NateBowerFitness
- Leslie Sansone's Walk at Home
- Roberta's Gym
- Les Mills

52 Week Money Challenge

Don't forget to set aside money each week for the 52 Week Money Challenge!

APRIL 2020

S	M	T	W	T	F	S	\$
29	30	31	01	02	03	04	\$14
05	06	07	08	09	10	11	\$15
12	13	14	15	16	17	18	\$16
19	20	21	22	23	24	25	\$17
26	27	28	29	30	01	02	\$18
Monthly Total:							\$66
Grand Total:							\$171

Social Distancing in the Era of the Internet

Social distancing does not have to equate to social isolation. The internet provides a vast array of methods for keeping in touch with loved ones, friends, and co-workers on a day-to-day basis.

- Go back to basics with a phone call or try **Facetime** with a family member.
- Join a **Facebook** group like "Quarantine Karaoke" where people are sharing videos and musical talent in a fun way.
- Attend virtual events, concerts, and webinars on websites like **Eventbrite**.
- Use **Google Hangouts** to host a virtual birthday party.
- Try playing board games or Jackbox remotely with **Zoom**.
- Meet up with a friend for a movie on **Discord** or **Netflix Party**.
- Stay productive at work by chatting, sharing files, and hosting virtual meetings via **Skype** and **Microsoft Teams**.

Coming Up May: Summer Exposures

Comments, questions, ideas, or submissions?
Please email: kara.a.aguilar@maine.gov