

# Week One: Getting Started



WORKSITE WELLNESS TURNKEY PROGRAM

## Solving the Puzzle of Moving More

**Congratulations** on participating in the Solving the Puzzle of Moving More challenge. Being physically active has many benefits including decreasing stress, preventing heart disease and other health issues and increasing strength, flexibility and energy levels. As you begin the challenge, keep the following three things in mind.

1. You will be more likely to stick with a routine if it is something you enjoy. Recruit a buddy to help keep it fun, take part in a sport you like to play or be a kid again by dancing to your favorite song.
2. Dress for success. Prevent injuries by wearing shoes that fit properly and are made for exercising. Clothing should be appropriate for the weather conditions and can be as simple as a t-shirt and shorts.
3. Get motivated by setting simple, realistic goals. Keep a log or diary to help you track your progress. Download sample logs at:  
[www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)



Earn **10 bonus points** for using your newsletters to correctly complete the Solving the Puzzle of Moving More crossword.

## Weekly Activity Tips

**During week 1 remember to give yourself a point each time you complete a weekly activity tip!**

1. Set a simple goal for being physically active
2. Find a buddy who will be active with you.
3. Take a 10-minute walk break
4. When choosing a parking spot, park further away from the building.
5. Take the stairs instead of the elevator.
6. Dance to your favorite song.
7. Choose a log or diary for your use