

# Week Three: Strengthen and Stretch



WORKSITE WELLNESS TURNKEY PROGRAM

## Solving the Puzzle of Moving More

Aerobic physical activity provides numerous health benefits. But a well- rounded exercise routine also includes muscle-strengthening and flexibility activities. Increased bone strength, muscular fitness, and maintaining muscle mass are all benefits of muscle-strengthening activities. Examples of muscle-strengthening activities include lifting weights, using resistance bands or using your own body weight for push-ups, pull-ups or sit-ups. Flexibility activities are also an important part of an exercise routine. Some types of physical activity, such as



dancing, require more flexibility than others. Perform general stretching exercises or participate in yoga to increase your flexibility.

Current guidelines suggest that adults should perform muscle-strengthening activities that involve all major muscle groups (legs, hips, back, chest, abdomen, shoulders and arms) on two or more days a week. There are no current guidelines for flexibility activities.

Visit the 'Resources' section at [www.MyEatSmartMoveMore.com](http://www.MyEatSmartMoveMore.com) for examples of muscle-strengthening and flexibility programs.

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

## Weekly Activity Tips

During week 3 remember to give yourself a point each time you complete a weekly activity tip!

1. Set a simple goal for strengthening or stretching.
2. Choose a sample strengthening program for your use.
3. Walk for 20 minutes.
4. Be active at your desk by trying simple desk stretches.
5. Perform three or more muscle-strengthening exercises.
6. Choose a sample strengthening program for your use.
7. Take the stairs instead of the elevator.